WHAT IS WIC?

The Wyoming Women, Infants, and Children Program provides food and nutrition information to help pregnant women, breastfeeding women, infants, and children under the age of five stay healthy and strong.

WIC WORKS WONDERS

FOR WOMEN

Women in the WIC Program eat better, have healthier babies, and receive early prenatal care.

FOR INFANTS

Infants born to WIC mothers weigh more and grow and develop better.

FOR CHILDREN

Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly, and receive immunizations.

Wyoming Department of Health

Distributed by the Wyoming Department of Health - WIC Program

WYOMING WIC PROGRAM

To find out about WIC, call a local WIC Program nearest you or call: 1-800-994-4769

Albany County WIC.....Laramie	(307) 721-2535
Campbell County WIC.....Gillette	(307) 686-8560
Carbon County WIC.....Rawlins	(307) 328-2606
Saratoga	(307) 326-5371
Hanna	(307) 325-9054
Converse County WIC.....Douglas	(307) 358-4003
Glenrock	(307) 436-9068
Fremont County WIC.....Lander	(307) 332-1034
Riverton	(307) 857-3199
Goshen County WIC.....Torrington	(307) 532-5881
Lusk	(307) 334-2609
Laramie County WIC.....Cheyenne	(307) 634-6180
Natrona County WIC .....Casper	(307) 265-6408
North Lincoln County WIC.....Afton	(307) 885-9071
Park/Big Horn County WIC.....Powell	(307) 754-8880
Cody	(307) 527-8580
Lovell	(307) 548-6591
Platte County WIC.....Wheatland	(307) 322-3732
Sheridan County WIC.....Sheridan	(307) 672-5174
Buffalo	(307) 217-0750
Sweetwater County WIC..... Rock Springs	(307) 352-6783
Teton County WIC.....Jackson	(307) 734-1060
Pinedale	(307) 734-1060
Marbleton	(307) 734-1060
Uinta County WIC.....Evanston	(307) 789-8943
Lyman	(307) 787-3435
Kemmerer	(307) 877-1195
F.E. Warren Air Force Base WIC.....	(307) 773-3963
Washakie County WIC.....Worland	(307) 347-9249
Thermopolis	(307) 864-3311
Greybull	(307) 765-2371
Weston County WIC.....Newcastle	(307) 746-2677
Sundance	(307) 290-2105
Hulett	(307) 290-2105
Upton	(307) 290-2105

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Let WIC Work Wonders for Your Family

Healthy Foods and Nutrition Information

Effective July 1, 2013

To view the WIC Food List, click on the bar code with your smartphone or log on to the website below.

http://www.health.wyo.gov/familyhealth/wic/FoodList.html

WHO IS ELIGIBLE FOR WIC?

- Wyoming residents.
- Pregnant, postpartum, or breastfeeding women, infants, or children under 5 years of age.
- Persons with a nutritional need.
- The household income is less than or equal to the income guidelines below.
- You are automatically income eligible for WIC if you currently receive POWER, SNAP, or Medicaid.
- Fathers, guardians, or foster parents may apply for WIC for their children.

WIC Total Income Guidelines

Effective July 1, 2013

In Household	Yearly	Monthly	Weekly
1 person	$21,257	$1,772	$ 409
2	28,694	2,392	552
3	36,131	3,011	695
4	43,568	3,631	838
5	51,005	4,251	981
6	58,442	4,871	1,124
7	65,879	5,490	1,267
8	73,316	6,110	1,410

HOW TO APPLY FOR WIC

To set up an appointment, call the WIC Program nearest you (see back of brochure) or call 1-800-994-4769 for assistance. Local WIC Program staff will tell you what to bring to your appointment.

At your appointment, a WIC nutritionist or nurse will check your diet and review your health history.

If you are eligible, you will receive information and counseling, referrals to other services, and a WYO W.E.S.T. card to buy foods such as:

- Fresh Vegetables, Fresh Fruits, and Juice
- Cereal, Whole Grain Bread, Brown Rice, Oatmeal, and Corn and Whole Wheat Tortillas
- Peanut Butter, Dried Beans/Peas, and Canned Beans including Refried Beans
- Canned Tuna, Canned Salmon, and Eggs
- Infant Foods: Formula, Vegetables, Fruits, Meats, and Cereals
- Milk, Soy Beverage, and Cheese

HOW WIC WORKS

The WIC Staff is a caring team of experts who provide:

- Counseling on how to use WIC-approved foods to improve health.
- A WYO W.E.S.T. card to buy foods that help keep you healthy and strong.
- Immunization screening and referrals.
- Discussions on food shopping, recipes, taking care of babies, and how to breastfeed.
- Information on good eating during pregnancy and breastfeeding and how to feed your child.
- Referrals to doctors, Public Health Nursing, dentists, and programs like SNAP (Food Stamps), POWER, Medicaid, Kid Care CHIP, Best Beginnings, Children's Special Health Services, Head Start, Cent$ible Nutrition Program, day care, and fuel assistance.

This publication is available in an alternative format upon request by calling: (307) 777-7494