

News from the Wyoming Department of Health

Monday, July 2, 2012

New Income Guidelines Begin for WIC

New income guidelines are being announced by the Wyoming Department of Health for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Program.

The new guidelines, which help determine eligibility for the program, include about a \$1,000 increase in the annual income ceiling for a family of three and approximately \$1,200 increase for a family of four. As of July 1, annual income ceilings based on family size range \$20,665 for a one-person family to \$42,643 for a four-person family. Pregnant women count as two family members.

WIC serves all income-eligible pregnant women, breastfeeding women (to 1 year), non-breastfeeding, post partum women (to 6 months), infants, and children up to age five. Women and children who participate in the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), Wyoming Medicaid or Temporary Assistance to Needy Families (TANF, known as POWER in Wyoming) programs are automatically eligible for WIC.

“WIC improves the health of women, infants, and children by providing nutritious foods and educating families on healthy food choices,” said Janet Moran, WIC program manager with the Wyoming Department of Health. WIC also provides peer-to-peer breastfeeding support to breastfeeding women and infants, immunization referrals for children, and a variety of healthcare referrals for WIC families to community health programs.

Moran said food packages provided to WIC families typically include fresh vegetables, fresh fruits, and vitamin C-rich, 100 percent juice; iron-fortified adult cereal, whole grain bread, brown rice, oatmeal, and corn and whole wheat tortillas; peanut butter and dried beans/peas; canned tuna, canned salmon, and eggs; infant foods including iron-fortified formula and cereals, vegetables, fruits, and meats; and milk, calcium-rich soy beverage, and cheese.

Each month, WIC serves approximately 12,000 women and young children around Wyoming at 19 local agencies and 16 outreach clinics. For more information or to find the nearest local WIC clinic, call (800) 994-4769 or the WIC state office at (307) 777-7494.

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