



## IN THEIR OWN WORDS

### *NH WIC Participants tell how they value WIC*

*"Thanks to WIC my children's health is on track."*

*"As a working mom, I was pleased to learn that I qualify for a breast pump. I am so grateful because it enables me to continue feeding my baby the best I can give her! Thank you WIC!"*

*"This is our last year with WIC, we appreciate your kind, caring service that provided us with healthy nutritious foods. My children are growing incredibly well with WIC."*

*"Thank you for everything you do for me and my family. When my baby was young I could not afford formula and without WIC I wouldn't have had enough food. As my baby is getting older, it is easier but still challenging - you guys make it easier. Thanks again."*

*"The WIC Program is amazing. I am so thankful you are here to help."*

To find out about WIC, call the local WIC program near you or call  
**1-800-WIC-4321**

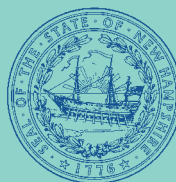
**Belknap-Merrimack Community Action**  
(Belknap, Coos, Grafton, and Merrimack Counties)  
225-2050 or 1-800-578-2050

**Goodwin Community Health**  
(Carroll and Strafford Counties)  
332-4358 or 1-855-332-4358

**Southern New Hampshire Services**  
(Hillsborough and Rockingham Counties)  
Greater Manchester and Rockingham County  
1-800-256-9880

Greater Nashua  
889-3440 or 1-877-211-0723

**Southwestern Community Services**  
(Cheshire and Sullivan Counties)  
352-7512 or 1-800-529-0005



NH Department of Health and Human Services  
Division of Public Health Services  
Healthy Eating and Physical Activity Section  
29 Hazen Drive  
Concord, NH 03301

[www.dhhs.nh.gov/dphs/nhp/wic](http://www.dhhs.nh.gov/dphs/nhp/wic)

# Grow Healthy!



## New Hampshire WIC Nutrition Program

**Call today**  
**603-271-4546 or**  
**1-800-942-4321**

## Healthy Foods



Learn how to stretch your own family budget. WIC offers healthy foods like milk, cheese, eggs, juice, peanut butter, cereals, fruits, vegetables, whole grain bread, brown rice, and soy options.

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## Breastfeeding Support

Breastfeeding is the healthiest way to feed your baby. WIC offers support and counseling for breastfeeding, with peer counselors and free breastpumps.



## Referrals

Receive referrals for other programs such as immunizations, Medicaid Program, soup kitchens and food pantries, and Food Stamp Program.



## Health Screenings

Learn about your child's growth and development with regular height and weight measurements, plus anemia screenings.



## Nutrition Education

WIC nutritionists will meet with you and answer your nutrition questions, plus help with how to prepare healthy meals and snacks for you and your children. If you are pregnant, WIC provides nutritious foods for a healthy pregnancy.



## Current Income Guidelines

Effective April 2015

Family Size	Annual	Monthly	Weekly
1	\$ 21,775	\$ 1,815	\$ 419
2	\$ 29,471	\$ 2,456	\$ 567
3	\$ 37,167	\$ 3,098	\$ 715
4	\$ 44,863	\$ 3,739	\$ 863
5	\$ 52,559	\$ 4,380	\$ 1,011

For each additional family member, add:      \$ 7,696                      \$ 642                      \$ 148

*Check the income guidelines to see if you qualify for WIC.*

*If your household's total gross income is less than or equal to the amount listed, you may be eligible.*

*(Note: if you are pregnant, add one person to the size of your household.)*

For more information or to schedule an appointment, call your local WIC office.

You can also call **1 800 WIC 4321** or visit [www.dhhs.nh.gov/dphs/nhp/wic](http://www.dhhs.nh.gov/dphs/nhp/wic) for the WIC agency nearest you.