

ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child, including:

- Moms/Dads
- Single fathers
- Grandparents
- Foster parents
- Step-parents
- Guardians

WE'RE HERE FOR YOU.

We're here for more moms and caregivers than you might think—in fact, we serve over half of all infants born in the US. WIC serves:

- Pregnant women through their pregnancy and after delivery up to 1 year
- Infants and children up to 5 years old
- Families receiving other benefits like foster care, Medicaid, TANF, or SNAP.



<https://nhwic.com/preapplicationportal>



FIND WIC NEAR YOU.

Community Action Program Belknap-Merrimack Counties, Inc.

(Belknap, Coos, Grafton and Merrimack counties)
603-225-2050 or 1-800-578-2050

Goodwin Community Health

(Carroll and Strafford Counties)
603-332-4358 or 1-855-332-4358

Southern New Hampshire Services

(Hillsborough and Rockingham Counties)
Greater Manchester and Rockingham County
1-800-256-9880
Greater Nashua
603-889-3440 or 1-877-211-0723

Southwestern Community Services

(Cheshire and Sullivan Counties)
603-719-4234 or 1-800-529-0005

www.signupwic.com

NUTRITION,
SUPPORT,
AND THE
POWER
OF MOMS.

 **NEW HAMPSHIRE**
1-800-942-4321

May 2021

WE HELP MOMS BE MOMS.

WIC is the nation's most successful and cost-effective public health nutrition program. We provide wholesome food, nutrition education, and community support for income-eligible women who are pregnant or post-partum, infants, and children up to five years old.

FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We give moms the resources, knowledge and tools they need to be the moms they want to be.

HEALTHY FOOD

Through WIC moms get monthly benefits to buy healthy food, such as:

Foods with calcium for strong bones and teeth:

- Milk
- Cheese
- Yogurt
- Soy beverages

Grains with iron for energy, and folic acid for healthy growth:

- Cereal
- Brown rice
- Soft corn or whole wheat tortillas
- Whole grain bread
- Whole wheat pasta

Fruits and vegetables to keep your heart and weight healthy:

- Fruits and vegetables fresh, frozen, or canned
- Fruit juice

Foods with protein for strong muscles and healthy skin:

- Dried or canned beans, peas, lentils
- Eggs
- Canned tuna or salmon
- Peanut butter
- Tofu

Iron-fortified foods for infants who need it:

- Baby foods
- Infant formula
- Infant cereal

NUTRITION EDUCATION

We support and educate moms to help them breastfeed successfully. We offer guidance on how to shop for healthy food, how to prepare it and how to entice children to eat it. We provide access to information, including:

- Prenatal nutrition
- Breastfeeding tips
- Feeding tips for your infant and child
- Parenting tips
- Healthy recipes

On-line education and phone follow-up appointments as allowed.

A COMMUNITY OF SUPPORT

We're a network built for moms. We connect them, we educate them and we learn from them. Our community consists of:

- Nutritionists
- Lactation specialists
- Breastfeeding peer counselors

This institution is an equal opportunity provider.

REFERRALS

We can introduce moms to resources outside of WIC, including:

- Healthcare professionals such as pediatricians, OBGYNs, and dentists
- Immunization services
- Substance abuse counselors
- Domestic abuse counseling
- Social services
- Developmental services

INCOME GUIDELINES EFFECTIVE MAY 3, 2021

The Food and Nutrition Services, USDA, provides the following 185% Income Poverty Guidelines, effective May 3, 2021 to June 30, 2022.

Family Size	Annual	Monthly	Bi-weekly	Weekly
1	\$23,828	\$1,986	\$917	\$459
2	32,227	2,686	1,240	620
3	40,626	3,386	1,563	782
4	49,025	4,086	1,886	943
5	57,424	4,786	2,209	1,105
6	65,823	5,486	2,532	1,266
7	74,222	6,186	2,855	1,428
8	82,621	6,886	3,178	1,589

For each additional family member add
+8,399 +700 +324 +162

You are automatically income eligible for WIC if you currently receive Medicaid, TANF, or SNAP or have a foster child.

Your family size may be adjusted if pregnant, call your WIC office for assistance.