

Your child has you, and you have WIC

Effective July 1, 2021 - June 30, 2022

- ◆ Nutrition Counseling
- ◆ Healthy Eating
- ◆ Prenatal Nutrition
- ◆ Health Assessment
- ◆ Breastfeeding Support
- ◆ Healthy Foods

Dietary Guideline Recommendations	WIC Foods
Fruits and Vegetables	Fresh fruits and vegetables; baby foods; and juice
Whole grains	Whole wheat bread and pasta, whole wheat or corn tortillas, brown rice, whole grain cereals
Fat free and low fat dairy products	Fat free and low fat milk and yogurt; infant formula
Protein	Tuna fish/salmon, beans, peanut butter and eggs

Household Size	Monthly (Gross)	Yearly (Gross)
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025
5	\$4,786	\$57,424
6	\$5,486	\$65,823
7	\$6,186	\$74,222
8	\$6,886	\$82,621

*Note: If you are pregnant, you may count your unborn child in your family size.



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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



wic.utah.gov | 1-877-WIC-KIDS (942-5437)

Health Department	Clinic	Address	Phone
Bear River Health Department	Brigham	817 W 950 S, Brigham City , 84302-3071	435-734-0845
	Garden City	115 S Bear Lake Blvd, Garden City , 84028	435-881-3383
	Logan	655 E 1300 N, Logan, 84341-2570	435-792-6451
	Logan South	635 S 100 E, Logan , 84321	435-792-6451
	Randolph	275 N Main, PO Box 392, Randolph , 84064-0392	435-793-2445
	Tremonton	440 West 600 North, Tremonton , 84337	435-257-3318
Central Utah Public Health Department	W Millard	362 W Main St, Ste 1, PO Box 176, Delta , 84624-0176	435-864-3612
	Eureka	440 E Main, Eureka , 84628	435-623-0696
	E Millard	40 N 400 W, Fillmore , 84631	435-743-5723
	Piute	545 N Main, PO Box 40, Junction , 84740-0040	435-577-2521
	Wayne	18 S Main, PO Box 326, Loa , 84747-0326	435-836-1317
	Hanksville	50 W Main St, Hanksville , 84734	435-836-1317
	S Sanpete	40 W 200 N, Manti , 84642-1246	435-835-2231
	N Sanpete	20 S 100 W, # 30, Mount Pleasant , 84647-1507	435-462-2449
	Juab	160 N Main, Nephi , 84648-1412	435-623-0696
	Sevier	70 Westview Dr, Richfield, 84701-1868	435-896-5451
Davis County Health Department	Bountiful	596 W 750 S, Woods Cross , 84010-7268	801-525-5010
	Clearfield	22 South State Street, Clearfield, UT 84015	801-525-5010
Salt Lake County Health Department	Ellis Shipp	4535 S 5600 W, West Valley City , 84120-4639	385-468-3710
	Salt Lake	610 S 200 E, Salt Lake City , 84111	385-468-3660
	South East	9340 S 700 E, Sandy , 84070-6203	385-468-4335
	South Main	3690 S Main, Salt Lake City , 84115-3749	385-468-3990
	South Redwood	7971 S 1825 W, West Jordan , 84088	385-468-4365
San Juan Public Health Department	Blanding	735 S 200 W, Ste B, Blanding, 84511	For all San Juan County Clinics Call: 435-587-3838
	Monticello	380 W 100 N, PO Box 1054, Monticello , UT 84535-1054	
	Montezuma Creek	East Hwy 262, PO Box 130, Montezuma Creek , 84534	
	Monument Valley	30 W Medical Drive, PO Box 360005, Monument Valley , 84536	
Southeast Utah Health Department	Castle Dale	25 W Main, PO Box 644, Castle Dale , 84513-0644	435-381-2252
	East Carbon	105 W Geneva Dr, East Carbon , 84520-0818	435-630-8080
	Green River	585 W Main, PO Box 249, Green River , 84525-0249	435-630-8080
	Moab	575 S Kane Creek Blvd, Moab , 84532	435-259-5602
	Price	28 S 100 E, PO Box 800, Price, 84501-0800	435-637-3671
Southwest Utah Public Health Department	Beaver	1175 N. 75 W, PO Box G, Beaver , 84713	435-438-2482
	Cedar City	260 DL Sargent Dr, Cedar City , 84720-9342	435-586-2437
	Kanab	445 N Main St, Kanab , 84741	435-644-2537
	Panguitch	601 E Center St, Panguitch , 84759	435-676-8800
	St. George	620 South 400 East Suite 400, St. George, 84770	435-673-3528
Summit County Public Health Department	Coalville	85 N 50 E, PO Box 128, Coalville , 84017-0128	For all Summit County Clinics Call: 435-333-1515
	Kamas	110 N Main St, Kamas , 84036	
	Park City	650 Round Valley Dr, Park City, 84060	
Tooele County Health Department	Tooele	151 N Main, Tooele, 84074-2141	435-277-2320
	Wendover	920 E Wendover Blvd, PO Box 554, Wendover , 84083-0554	435-277-2327
TriCounty Health Department	Roosevelt	409 S. 200 E. Roosevelt, UT 84066	435-722-6333
	Vernal	133 S. 500 E. Vernal, 84078	435-247-1179
Utah County Health Department	N County	599 S 500 E, American Fork , 84003	For all Utah County Clinics Call: 801-851-7300
	Orem	816 North 980 West, Orem , UT 84057	
	S County	285 N 1250 E, Payson , 84651	
	Provo	151 S University Ave, # 2100, Provo, 84601-4427	
Wasatch County Health Department	Heber	55 S 500 E, Heber City, 84032-1918	435-657-3302
Weber-Morgan Health Department	Ogden	455 23rd Street, Ogden, 84401--1507	801-399-7200

Su niño la tiene a usted, y usted tiene a WIC

Estará en vigor desde Julio 1, 2021 - Junio 30, 2022

- ◆ Consultas de nutrición
- ◆ Aprender a comer saludable
- ◆ Nutrición prenatal
- ◆ Evaluaciones de salud
- ◆ Apoyo en la lactancia
- ◆ Alimentos saludables

Recomendaciones de la Guía Alimenticia	Alimentos de WIC
Frutas y verduras	Fruta y verdura fresca, comida para bebé y jugo
Granos enteros	Pan y pasta integral, tortillas de maíz o integrales, arroz integral y cereales de granos enteros.
Productos lácteos bajos en grasa y sin grasa	Leche y yogur bajos en grasa y sin grasa; formula para bebé.
Proteína	Atún, salmon, frijoles, mantequilla de maní y huevos

Miembros en la familia	Ingreso mensual (bruto)	Ingreso anual (bruto)
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025
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*Nota: Si usted está embarazada, usted puede contar a su niño nonato como miembro en la familia.



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Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por: (1) correo: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; o (3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



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