

# Healthy Food. Healthy Kid. Happy Mom.



## What is WIC?

- Free Nutrition and Breastfeeding Program
- Experts in nutrition for pregnancy, breastfeeding, infants, toddlers and preschoolers
- Personalized nutrition tips and support for parents and caregivers
- Breastfeeding information, support and resources
- Referrals to other community resources
- Healthy foods

## Who is WIC for?

- Infants
- Children up to five years of age
- Pregnant women
- Breastfeeding women, until their infant's first birthday
- Women whose pregnancy ended <6 months ago.

## Arizona WIC is here for you!

Visit [www.azwic.gov](http://www.azwic.gov) or call 1 (800) 2525-WIC to find the nearest clinic.

To download the free EzWIC App, go to the App Store or Google Play and search for EzWIC.



## Effective Date: April 1, 2021

WIC Eligibility is based solely on your gross income, this chart can help determine your eligibility

Number of Family Members	Income every Two Weeks	Income Monthly
*2	\$1,240	\$2,686
3	\$1,563	\$3,386
4	\$1,886	\$4,086
5	\$2,209	\$4,786
6	\$2,532	\$5,486
7	\$2,855	\$6,186
8	\$3,178	\$6,886
Each Additional Member	\$324	\$700
*A pregnant woman is considered a family of 2		

## Contact your local WIC agency:



**Flagstaff, Williams, Grand Canyon, Page, Fredonia & Colorado City**  
**Please call 928.679.7250 or 1.877.679.7272 (toll free) to**  
**SCHEDULE AN APPOINTMENT BY PHONE OR ZOOM**

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(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](mailto:program.intake@usda.gov).

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