WIC

Free groceries and nutrition information for pregnant and breastfeeding women, new moms, babies and children up to age 5

It’s easy to apply for WIC:

• Live in Adams, Arapahoe or Douglas County.
• Have proof of identification, address, and your household income.
• Call the office closest to your home, shown on the other side of this card.

Income Guidelines

<table>
<thead>
<tr>
<th>Family Size:</th>
<th>Yearly:</th>
<th>Monthly:</th>
<th>Weekly:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$23,107</td>
<td>$1,926</td>
<td>$445</td>
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<tr>
<td>2</td>
<td>31,284</td>
<td>2,607</td>
<td>602</td>
</tr>
<tr>
<td>3</td>
<td>39,461</td>
<td>3,289</td>
<td>759</td>
</tr>
<tr>
<td>4</td>
<td>47,638</td>
<td>3,970</td>
<td>917</td>
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<td>55,815</td>
<td>4,652</td>
<td>1,074</td>
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<tr>
<td>6</td>
<td>63,992</td>
<td>5,333</td>
<td>1,231</td>
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<td>7</td>
<td>72,169</td>
<td>6,015</td>
<td>1,388</td>
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<tr>
<td>8</td>
<td>80,346</td>
<td>6,696</td>
<td>1,546</td>
</tr>
</tbody>
</table>

If you are pregnant, count yourself as two.

This institution is an equal opportunity provider.
WIC provides nutrition information, medical referrals, breastfeeding support, prenatal nutrition education, health screenings and nutritious foods.

WIC provides checks for these nutritious foods:
- milk and yogurt
- infant formula
- baby foods
- cheese
- eggs
- cereal
- soy beverages
- tofu
- peanut butter
- beans
- whole grains
- fruit juices
- fresh or frozen fruits and vegetables
- canned fish for breastfeeding women

Call the office near you:

**Aurora West:**
- Alton/Colfax
  - 303-361-6010

**Aurora South:**
- Hampden/Chambers
  - 303-873-4400

**Brighton**
- 303-659-2335

**Commerce City**
- 303-439-5990

**North Broadway**
- 70th and Broadway
  - 303-426-5232

**Aurora East:**
- Colfax/Chambers
  - 303-363-3076

**Bennett**
- 303-363-3004

**Castle Rock, Lone Tree & Elizabeth**
- 303-846-2002

**Englewood**
- 303-783-7101

**Westminster**
- 303-255-6254

www.tchd.org/wic

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