

Where do I apply for WIC?

There are four WIC Clinics in

Utah County:

Provo

Orem

North County
(American Fork)

South County
(Payson)

To apply for WIC, please call the WIC clinic nearest you for an appointment.

Clinic Office Hours

Monday: 8:00 am to 5:00 pm
Tuesday: 8:00 am to 5:00 pm
Wednesday: 10:00 am to 7:00 pm
Thursday: 8:00 am to 5:00 pm
Friday: 8:00 am to 5:00 pm

North County closed Tuesdays & Fridays
South County closed Fridays
Orem closed Fridays

THE WIC PROGRAM MISSION

“To safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.”

- United States Department of Agriculture

Contact Information

Provo WIC

151 S. University Ave, Ste. 2100
Provo, UT Phone: 801-851-7300
Fax: 801-851-7303

Orem WIC

816 N. 980 W.
Orem, UT Phone: 801-851-7340
Fax: 801-851-7346

South County WIC

910 E. 100 N., Suite 175
Payson, UT Phone: 801-851-7360
Fax: 801-465-0911

North County WIC

599 South 500 East
American Fork, UT
Phone: 801-851-7320
Fax: 801-851-7329

For more information about WIC in Utah County, call our hotline recording at:

801-851-4WIC or check our website at:

www.utahcountywic.org



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WE INVEST IN CHILDREN



And to improve life-long health habits, we provide quality nutrition education and supplemental nutritious foods during the most critical growth periods of life.

What is WIC?

WIC is a food and nutrition program for women, infants, and children. If you qualify for WIC you can receive the following services:

1. **Nutrition assessment and counseling by a Registered Dietitian or qualified Nutritionist.**
2. **Vouchers for food to supplement your diet and stretch your food budget. Foods issued by WIC can include:**

Milk	100% Juice
Cheese	Dried/Canned Beans
Eggs	Peanut Butter
Infant Formula	Tuna Fish/Salmon
Iron-fortified cereals	Brown Rice
Fresh Fruits	Whole Wheat Tortillas
Fresh Vegetables	Whole Wheat Bread
Jarred baby food fruits, vegetables, and meats	

3. **Breastfeeding Support:**

- Certified Lactation Educators on staff
- A Peer Counselor Program
- A Breastfeeding “Warmline” for questions, **801-851-7312**



4. **Opportunity to register to vote.**
5. **Referrals to other agencies such as immunizations and the Prenatal Assistance Program.**

How do I qualify for WIC?

1. You must be **one** of the following:
 - a pregnant woman
 - a breastfeeding woman up to one year
 - a postpartum woman up to six months
 - a child or infant under the age of five
2. You must be at **nutritional or medical risk**, which will be determined by a nutritionist during your first appointment at the WIC clinic.
3. You must live in Utah County and provide **proof of residency.**
4. Your family **income** must be at or below the following income guidelines:

WIC Income Guidelines

Effective July 1, 2011 to June 30, 2012

Household size*/Monthly Income

(**Gross** per Month)

1—\$1,679

2—\$2,268

3—\$2,857

4—\$3,446

5—\$4,035

6—\$4,624

7—\$5,213

8—\$5,802

Additional family members add \$589

*Includes unborn child

****Families receiving Medicaid usually qualify for WIC***

WIC Makes a Difference!

WIC improves the health of millions of women, infants, and children every year. Studies from Food Nutrition Services (FNS) and other non-government groups prove this. It is one of the nation's most successful and cost-effective nutrition intervention programs.

WIC participants often see improvements in their health. Studies show improved results and practices in WIC participants of the following:

- Birth outcomes and savings in health care costs
- Diet and diet-related results
- Infant feeding practices
- Immunization rates
- Nutrition status before pregnancy

