

WIC, the Special Nutrition Program for Women, Infants and Children, provides nutritious foods, nutrition education and breastfeeding support and counseling to pregnant, post-partum and breastfeeding women, infants and children up to age five.

Eligibility is determined by income level, medical and nutritional need. Services for clients in our county are offered in clinics in Orem, Provo, Payson and American Fork. Services are provided without charge.

More information about program services and eligibility can be obtained by calling a recorded message at 801-851-4WIC.

WIC Program: History and Growth

The Special Supplemental Food Program for Women, Infants and Children (WIC) was established by Congress as a pilot program in 1972 and authorized as a national program in 1975.

WIC was established in Utah County in February 1982, with the sponsorship of the Headstart Program. In October of 1988, WIC was incorporated as a division of the Utah County Health Department. From our small beginnings, we have grown into the 2nd largest WIC agency in the state, and now serve over 14,000 participants in our four Utah County Clinics.

Where do I go to apply for WIC? There are four WIC Clinics in Utah County

Provo WIC

151 S. University Ave, Ste. 2100, Provo, UT

Phone: 851-7300; FAX: 851-7303

Orem WIC

1549 N. State #104, Orem, UT

Phone: 851-7340; FAX: 851-7346

South County WIC

910 E. 100 N., Suite 175, Payson, UT

Phone: 851-7360; FAX: 465-0911

North County WIC

599 South 500 East, American Fork, UT

Phone: 851-7320; FAX: 851-7329

For more information about WIC in Utah County, call our hotline recording at: **851-4WIC**

Or check our websites at:

www.utahcountyhealth.org or

www.utahcountywic.org



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We Invest in Children



What Is WIC?

How Do I Qualify for WIC?

How Do I Make an appointment?

Where do I go?



Utah County WIC

Updated: November 2008

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	Frozen Juice
Cheese	Dried Beans
Eggs	Peanut Butter
Iron-fortified cereals	Tuna Fish
Infant Formula	Carrots

3. Breastfeeding Support:
 - Certified Lactation Educators on staff
 - A Peer Counselor Program
 - A Breastfeeding "Warmline" for questions



Breastfeeding "Warmline"
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:
 - o a pregnant woman
 - o a breastfeeding woman up to one year
 - o a postpartum woman up to six months
 - o a child or infant under the age of five
2. Your family income must be below the following income guidelines:

WIC Income Guidelines

Effective July 1, 2008 to June 30, 2009

Household size*/Monthly Income

(Gross per Month)

1—\$1,604

2—\$2,159

3—\$2,714

4—\$3,269

5—\$3,824

6—\$4,379

7—\$4,934

8—\$5,489

Additional family members add \$555

*Includes unborn child

Call for current income guidelines

3. You must live in Utah County and provide proof of residency.
4. You must be at nutritional or medical risk, which will be determined by a nutritionist during your first appointment at the WIC clinic.

**Families receiving Medicaid
usually qualify for WIC**

Who do I call to get an appointment 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