

Delicious Food. Happy Family.



What is WIC?

- A 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 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.



This institution is an equal opportunity provider.

Effective Date: April 1, 2025

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

Number of family members	Income every two weeks	Monthly income
*2	\$1,505	\$3,261
3	\$1,897	\$4,109
4	\$2,288	\$4,957
5	\$2,679	\$5,805
6	\$3,071	\$6,653
7	\$3,462	\$7,501
8	\$3,853	\$8,349
Each additional member	\$392	\$848
*A pregnant woman is considered a family of 2		

