



IOWA WIC PROGRAM

The Iowa WIC (Women, Infants, and Children) program is a supplemental nutrition program for infants, children up to age 5, pregnant women, breastfeeding women, and women who have had babies in the last 6 months. WIC provides nutritious foods such as milk, yogurt, cheese, eggs, cereal, whole grains, juice, fresh or frozen fruits and vegetables and infant formula. WIC also provides nutrition advice from trained professionals and referrals for health care. Those families enrolled in Medicaid, or with an income before taxes less than the guidelines below, are income eligible. Please call for an appointment today!

2021-22 Iowa WIC Income Guidelines

Household Size	Annual Income Before Taxes	Monthly Income Before Taxes
1	\$23,828	\$1,986
2	\$32,227	\$2,686
3	\$40,626	\$3,386
4	\$49,025	\$4,086
Each add'l member	+\$8,399	+\$700



COUNTY WIC OFFICES

Linn County:

Marion (319) 447-5816

Cedar Rapids (319) 366-7632 or (319) 892-6024

Jones County:

Anamosa/Monticello (319) 550-6311

Benton County:

Belle Plaine/Vinton (319) 291-2065

Johnson/Washington/Iowa/Cedar Counties:

Iowa City/Washington/Williamsburg/Marengo/Tipton (319)-356-6042

To find a WIC agency in your county, please call 1-800-532-1579.

This institution is an equal opportunity provider.

12/9/2021