

# A Guide to WIC in Idaho

For Families and Individuals



Updated 1/2024

# Women, Infants, and Children (WIC)

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# WIC: Benefits of Participation<sup>1,2</sup>

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- Pregnant women participating in WIC have seen
  - Increased average birth weight,
  - Decreased incidence of low birth weight,
  - Improvements in key birth outcomes.
- Children who have mothers who participated in WIC while pregnant have been shown to have improved vocabulary.
- Participants have seen increased intake of essential vitamins and minerals
- Children have Improved access to health care and immunizations

# WIC: Eligibility<sup>3,4</sup>

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- Resident of Idaho
- Meet income guideline
- Pregnant women
- Breastfeeding women
- Women who had a baby within the last six months
- Parents, step-parents, guardians, and foster parents of infants and children up to their 5<sup>th</sup> birthday
- Immigration status is not a factor

# WIC: Income Limit<sup>3,4</sup>

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Household size	Per Week	Per Month	Per Year
1	\$519	\$2,248	\$26,973
2	\$702	\$3,041	\$36,482
3	\$885	\$3,833	\$45,991
4	\$1068	\$4,625	\$55,500
Each Additional Member	--	--	+9,509

Pregnant women = 2 people

# WIC: Assets

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- Unlike SNAP, no assets are evaluated

# WIC: How To Apply<sup>3</sup>

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- Visit or call your nearest [WIC Clinic](#)
  - Remote appointments sometimes available
- What to bring:
  - **It is ok to be missing requested documents, check with you local WIC clinic for help applying**
  - Identification for you and your child
  - Proof of address (letter, utility bill, driver's license, or rent receipt)
  - Proof of income
    - Provide medical and/or EBT card if you/your child receive SNAP, Medicaid, or Cash Assistance (TANF/TAFI)
      - **If you participate in one of these programs you are automatically income eligible for WIC**
    - Or, provide most recent proof of money received in your household for the past 30 days
  - Immunization records for your child

# WIC: Receiving Benefits<sup>3,5</sup>

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- WIC Electronic Benefit Transfer (WIC EBT) card, similar to a debt card



# WIC: Using Benefits<sup>5,6</sup>

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- WIC Benefits can be used starting the first of the month at 12:01 AM
- Unused food benefits DO NOT carry over to the next month
- Review [WIC food list](#) for approved food items

# WIC: Using Benefits<sup>5,7</sup>

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- At the register
  - Try to keep WIC foods separate from other items
  - Pay with WIC card first before SNAP or other forms of payment
  - WIC cards work like debit – swipe and enter PIN
  - Check mid-purchase receipt to see what WIC will pay for
  - Put back or pay separately for any items WIC didn't cover
  - Keep receipt
    - Shows what WIC pays for
    - Shows what WIC foods you have left for the month

# WIC: Receipt<sup>7</sup>

1. List of the food bought
2. Purchase total and any discounts or coupons
3. The WIC benefits you have left for the month and the last day to purchase them

STORE NAME		ADDRESS	
STORE ID:	WICW006		
TERM ID:	WIC006001		
CLERK ID:	999		
DATE & TIME:	7/1/2020 10:10AM		
SEQ NUMBER:	034		
CARD:	*****0007		
AUTH CODE:	123499		
WIC PURCHASE			
QTY	UNITS	DESCRIPTION	PRICE
18.00	oz	Cheerios 18 oz.	4.99
2.50	\$\$\$	Fruits & Veg	2.50
PURCHASE SUBTOTAL			7.49
DISCOUNT APPLIED			0.00
APPROVED PURCHASE TOTAL			7.49
BALANCE DUE - 0.00			
<b>BENEFITS EXPIRE ON 7/28/20</b>			
QTY	UNITS	DESCRIPTION	
1.00	pkg	16oz Pkg Cheese	
1.00	doz	Dozen Large Eggs	
18.00	oz	Ounces Cereal	
2.00	pkg	18oz PnutBtr/DryBeans	
1.00	pkg	16oz Bread/WholGrain	
3.00	gal	Gallon 1%/Fat Free Milk	
2.00	btl	64oz Bottle100% Juice	
5.50	\$\$\$	Fruits & Veg	
****CARD HOLDER COPY****			
****PLEASE SAVE THIS RECEIPT****			

# WIC: Using Benefits<sup>5</sup>

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- WICShopper App
  - Free mobile app
  - Helps find WIC approved Items
  - Allows you to create a WIC shopping list
  - Provides healthy recipes



# WIC: Managing Benefits<sup>8</sup>

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- [www.ebtedge.com](http://www.ebtedge.com) or Call 1-844-892-3084
  - View your balance
  - Change your PIN
  - Review Transactions

# WIC: Nutrition Education<sup>8</sup>

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- Breastfeeding services
  - Peer counseling, support, supplemental foods, and breastfeeding equipment
- Nutrition education through WIC Clinics

# References

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