



NEWS RELEASE

For Immediate Release:

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For More Information, Contact:

Colleen Pearce
WIC Program Director
North Dakota Department of Health
Phone: 701.328.2496
E-mail: cpearce@nd.gov

WIC Program Announces New Income Levels for Eligibility

BISMARCK, N.D. – Income eligibility guidelines for the North Dakota Special Supplemental Nutrition Program for Women, Infants and Children (WIC) have increased based on changes in the federal poverty levels.

Effective May 1, 2017, a family of four can earn up to \$3,793 each month (or \$876 each week for the household) and still meet income eligibility requirements.

Funded by the U.S. Department of Agriculture, the WIC Program has improved children's health, growth and development and prevented health problems for more than 40 years. WIC benefits include quality nutrition and breastfeeding education, access to other services and monthly foods rich in calcium, iron and protein to help bolster the health of pregnant, postpartum and breastfeeding women, babies, and children younger than five years. WIC foods are designed to fit the nutrition needs of each WIC participant and include only milk, eggs, cheese, peanut butter, 100 percent fruit juice, beans, whole grains and cereals, and fresh fruits and vegetables. WIC supports breastfeeding as the optimal way to feed infants, but infants who are not breastfeeding receive iron-fortified formula, and older infants also receive baby food.

“Studies show that the proper nutrition WIC provides to children who are eligible helps them enter school ready to learn,” said Colleen Pearce, Director of the North Dakota Department of Health WIC Program. “WIC is a cost-effective, sound investment that helps ensure the health of our children.”

To qualify for WIC, families must reside in North Dakota, meet the income requirements and have a nutritional or medical need, such as anemia or inadequate diet, for WIC services. Need is determined by measuring the child's or woman's height and weight, performing a hemoglobin test, and taking a health and dietary history.

To find out if you qualify, contact the WIC agency in your community or refer to the WIC web page at www.ndhealth.gov/wic. For more information, contact Pearce, North Dakota Department of Health, at 701.328.2496.

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

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