

**NEWS RELEASE** | **FOR IMMEDIATE RELEASE** | June 7, 2019

## **WIC program announces increased 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. The change increases the amount of income a family can make and still qualify for services. Effective May 1, 2019, a family of four can earn up to \$3,970 each month (or \$917 each week for the household) and meet the new WIC 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 40 years. As the nation’s most successful public health nutrition program, WIC provides healthy food, nutrition education community support. WIC services are available in all North Dakota counties for income eligible pregnant women, moms of infants, and children up to 5 years of age.

WIC foods provide a variety of healthy options that help pave the way for a lifetime of healthy eating. “Studies show that the proper nutrition WIC children receive helps them enter school ready to learn,” said Colleen Pearce, WIC program director with the North Dakota Department of Health. “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 income requirements and have a nutritional or medical need for WIC services, such as anemia or inadequate diet. Qualification is based on the height, weight, hemoglobin (blood test), and a health and diet assessment. To determine if you qualify, families may contact their local WIC agency or visit the WIC website at [www.ndhealth.gov/wic](http://www.ndhealth.gov/wic).

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