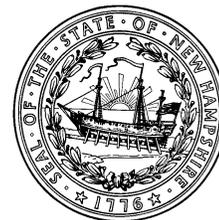


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New WIC Income Guidelines Announced

Concord, NH - The NH Department of Health and Human Services (DHHS) announces new U.S. Department of Agriculture income guidelines for eligibility in the WIC Nutrition Program. These changes represent an increase in the income amounts.

The WIC Nutrition Program is a public health nutrition program for pregnant women, new mothers, breastfeeding women, infants, and children up to the age of 5 years old. WIC provides a monthly food package of healthy foods, valued at about \$57.00 in grocery stores. Foods offered are:

- Fresh, frozen, and canned fruits and vegetables
- Whole grain cereals, breads, brown rice, and tortillas
- Low fat dairy products, including milk, cheeses, and eggs
- Baby foods, including cereal, fruits, vegetables, and meats

The new income guidelines are:

<u>Family Size</u>	<u>Annual</u>	<u>Monthly</u>	<u>Weekly</u>
1	\$20,665	\$1,723	\$398
2	27,991	2,333	539
3	35,317	2,944	680
4	42,643	3,554	821

Pregnant women and new mothers receive breastfeeding support and counseling from nutritionists and breastfeeding peer counselors to promote exclusive breastfeeding as the healthiest way to feed infants. WIC also provides individual nutrition education and referrals to other community services.

“The WIC Program’s strong support and commitment to breastfeeding is an excellent start for young families with limited incomes and helps ensure that infants and children grow healthy and strong with the WIC nutrition education and nutritious foods,” said Dr. José Montero, Director of Public Health at DHHS. “In 2011, 72% of New Hampshire WIC mothers breastfed, which is an excellent start for healthy childhood and prevention of childhood obesity.”

To learn if your family is eligible for WIC services, call 1-800-942-4321. WIC is an equal opportunity program. For more information, visit www.dhhs.nh.gov/dphs/nhp/wic/index.htm.

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