

# Building for the Future

This child care receives  
Federal cash assistance to  
serve healthy meals to your children.  
Good nutrition today means  
a stronger tomorrow!

Meals served here must meet  
nutrition requirements established by USDA's  
**Child and Adult Care Food Program.**

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**  
**(1-866-873-2263)**

Visit USDA's website: **www.fns.usda.gov/cnd**



United States Department of Agriculture  
Food and Nutrition Service  
FNS-317  
June 2000  
Revised June 2001

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## North Dakota Women, Infants, and Children Program (WIC)

### What is WIC?

WIC is a nutrition program that gives you:

- ▶ Nutrition information, counseling, and support
- ▶ Breastfeeding information and support
- ▶ Nutritious foods
- ▶ Health screenings
- ▶ Referrals to other services

### Where Can I Get WIC

WIC serves every county in North Dakota. Call your local WIC clinic or call 1-800-472-2286



### To be Eligible for WIC

1. You must be
  - A pregnant woman;
  - A breastfeeding woman (up to one year after giving birth);
  - A new mother (up to six months after giving birth); or
  - A parent, guardian, or caretaker who has an infant or child younger than 5 years of age.
2. You must have a nutritional health risk. The WIC staff will be able to find a risk by checking your height, weight, and iron count, and having you fill out a diet and medical history.
3. Your annual household income must be within WIC Guidelines (see below). *NOTE: You may have a job and still meet these guidelines.*

### North Dakota WIC Income Eligibility Guidelines 2011-2012

Household Size	185% Poverty Level		
	Annual	Monthly	Bi-Weekly
1	20,147	1,679	775
2	27,214	2,268	1,047
3	34,281	2,857	1,319
4	41,348	3,446	1,591
5	48,415	4,035	1,863
6	55,482	4,624	2,134
<b>For each additional household member add:</b>	7,067	589	272

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ND Department of Health  
Division of Maternal and Child Health  
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Bismarck, ND 58505-0440  
Toll free: 800-472-2286

G/CACFP/BFF-WIC/WIC information/WIC flyer

Printed and distributed by  
ND Dept. of Public Instruction