

Healthy Food. Healthy Kid. Happy Mom.



What is WIC?

- Free Nutrition and Breastfeeding Program
- Experts in nutrition for pregnancy, breastfeeding, infants, toddlers and preschoolers
- Personalized nutrition tips and support for parents and caregivers
- Breastfeeding information, support and resources
- Referrals to other community resources
- Healthy foods

Who is WIC for?

- Infants
- Children up to five years of age
- Pregnant women
- Breastfeeding women, until their infant's first birthday
- Women whose pregnancy ended <6 months ago

Arizona WIC is here for you!

Visit www.azwic.gov or call **1 (800) 2525-WIC** to find the nearest clinic.

To download the free EzWIC App, go to the App Store or Google Play and search for EzWIC.



Contact your local WIC agency:

Graham County Health Department
820 W. Main Street
Safford, AZ 85546
(928) 428-7690
Open: Monday - Thursday, 7am - 6pm

Effective Date: May 3, 2019

WIC Eligibility is based solely on your gross income, this chart can help determine your eligibility

Number of Family Members	Income every Two Weeks	Income Monthly
*2	\$1,204	\$2,607
3	\$1,518	\$3,289
4	\$1,833	\$3,970
5	\$2,147	\$4,652
6	\$2,462	\$5,333
7	\$2,776	\$6,015
8	\$3,091	\$6,696
Each Additional Member	\$315	\$682
*A pregnant woman is considered a family of 2		

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(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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