



WIC

Free groceries and nutrition information for pregnant and breastfeeding women, new moms, babies and children up to age 5

It's easy to apply for WIC:

- Live in Adams, Arapahoe or Douglas County.
- Have proof of identification, address, and your household income.
- Call the office closest to your home, shown on the other side of this card.

Income Guidelines

Gross Income (Before Taxes)			
Family Size:	Yearly:	Monthly:	Weekly:
1	\$21,978	\$1,832	\$423
2	29,637	2,470	570
3	37,296	3,108	718
4	44,955	3,747	865
5	52,614	4,385	1,012
6	60,273	5,023	1,160
7	67,951	5,663	1,307
8	75,647	6,304	1,455

If you are pregnant, count yourself as two.
This institution is an equal opportunity provider.

WIC provides nutrition information, medical referrals, breastfeeding support, prenatal nutrition education, health screenings and nutritious foods.



WIC provides checks for these nutritious foods:

- milk
- infant formula
- baby foods
- cheese
- eggs
- cereal
- soy beverages
- tofu
- peanut butter
- beans
- whole grains
- fruit juices
- fresh or frozen fruits and vegetables
- canned fish for breastfeeding women



Call the office near you:

**Aurora West:
Alton/Colfax
303-361-6010**

**Aurora East:
Colfax/Chambers
303-363-3076**

**Aurora South:
Hampden/Chambers
303-873-4400**

**Bennett & Elizabeth
303-363-3004**

**Brighton
303-659-2335**

**Castle Rock & Lone Tree
303-846-2002**

**Commerce City
303-439-5990**

**Englewood
303-783-7101**

**North Broadway
70th and Broadway
303-426-5232**

**Westminster
303-255-6254**



www.tchd.org/wic.htm



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