



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

Family Size:	Yearly:	Monthly:	Weekly:
1	\$22,311	\$1,860	\$430
2	30,044	2,504	578
3	37,777	3,149	727
4	45,510	3,793	876
5	53,243	4,437	1,024
6	60,976	5,082	1,173
7	68,709	5,726	1,322
8	76,442	6,371	1,471

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