WIC

How can WIC help my family?

The Women, Infant, and Children (WIC) program provides many nutritious foods for growing families, information on healthy eating, help and support for breastfeeding moms and babies and referrals to health care. For more information please call 792-6500.

Do I qualify for WIC?

A person must meet all of the following requirements to apply for WIC:

1. Live in Utah, but do not need to be a US citizen.
2. Have a special nutritional need and be in one of the following groups:
    - Pregnant or delivered a baby in the past 6 months
    - Breastfeeding an infant one year old or younger
    - Woman who have had a miscarriage in the past 6 months
    - An infant up to age 1
    - A child less than 5 years old
3. Have a family income less than the WIC guidelines. The following guidelines are based on a gross wage or a wage before taxes. WIC Income Guidelines

How do I apply for WIC?

Please call the Bear River Health Department for an appointment:
Logan Clinic: 792-6451
Brigham Clinic: 734-0845
Tremonton Clinic: 257-3318

What do I need to bring to my WIC appointment?

- Proof of identity
- Proof of Income
- Proof of Residence

Applicants including children must be present at the certification appointment so weight, height, and hemoglobin count can be measured.

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