

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? Contact:

Nutrition for North Dakota Day Care Children, Inc.
1408 20th Ave SW, Suite 5
Minot ND 58701-6494
ND Toll Free : 1.800.422.0326 or Minot local no. 838.6709

OR

Child Nutrition and Food Distribution Programs
Department of Public Instruction
600 East Boulevard Avenue #201
Bismarck ND 58505-0440
ND Toll Free: 1.888.338.3663

OR

Call USDA toll free: 1.866.873.2263

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Information About Women, Infants and Children Program

WIC is a federal 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.

AND,

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.

AND,

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 2009—2010 (185% Poverty Level)

Household Size	Annual	Monthly	Bi-Weekly
1	20,036	1,670	771
2	26,955	2,247	1,037
3	33,874	2,823	1,303
4	40,793	3,400	1,569
5	47,712	3,976	1,836
6	54,631	4,553	2,102
For each additional household member add:	6,919	577	267

WIC is an equal opportunity program. USDA policy does not permit discrimination because of race, color, national origin, sex, handicap or age. Any person who believes he/she has been discriminated against in any USDA related activity should write immediately to: Secretary of Agriculture or Director, Office of Advocacy and Enterprise, USDA, Washington, D.C., 20250

ND Department of Health
Division of Maternal and Child Health
600 E Boulevard Ave.
Bismarck ND 58505-0440
Toll Free: 800.472.2286