

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 re-
quirements established by USDA's Child and
Adult Care Food Program.

Questions? Concerns?
Contact:

USDA Toll Free: 1-866-873-2263 Web Site: www.fns.usda.gov/cnd

OR

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

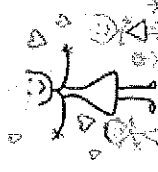
Information About Women, Infants and Children Program

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).

WIC is an equal opportunity program.
In accordance with Federal Law and U.S.
Department of Agriculture policy, this
institution is prohibited from discriminat-
ing on the basis of race, color, national
origin, sex, age or disability.

To file a complaint of discrimination, write
USDA, Director, Office of Adjudication,
1400 Independence Avenue, SW, Wash-
ington, D.C. 20250-9410 or call toll free
(866) 632-9992 (Voice). Individuals who
are hearing impaired or have speech
disabilities may contact USDA through
the Federal Relay Service at
(800) 877-8339; or (800) 845-6136
(Spanish). USDA is an equal opportunity
provider and employer

ND Department of Health
Division of Maternal and Child Health
600 E Boulevard Ave
Bismarck ND 58505-0440
Toll Free: 800-472-2286

North Dakota WIC Income Eligibility Guidelines
2011—2012 (185% Poverty Level)

Household Size	Annual	Monthly	Weekly
1	20,147	1,679	389
2	27,214	2,268	524
3	34,281	2,857	660
4	41,348	3,446	796
5	48,415	4,035	932
6	55,482	4,624	1,067
For each additional household member add:	7,067	589	136