

## DALLAS COUNTY WIC CLINICS

### Adel

Dallas County Public Health Office  
25747 N Avenue

### Dallas Center

Dallas Center Medical Office  
507 14th Street

### Perry

Dallas County Hospital  
610 10th Street

### Redfield

Redfield Medical Clinic  
1013 1st Street

### Waukee

Waukee Area Christian Services  
1155 SE Boone Drive

Call today  
to see if  
you qualify:  
**282-5800**

**You may also schedule  
appointments in Polk County.**

## POLK COUNTY WIC CLINICS

### Altoona

Lutheran Church of the Cross  
1701 8th Street SW

### Ankeny

Holy Trinity Lutheran Church  
517 SW Des Moines Street

### Des Moines

Lutheran Hospital  
700 East University Avenue, Level B

River Plaza  
2300 Euclid Avenue, Suite D

Southridge Mall  
1111 E. Army Post Road, Suite 484

### West Des Moines

WDM United Methodist Church  
720 Grand Avenue



*Dallas and Polk County WIC programs are  
affiliates of Broadlawns Medical Center.*

[www.idph.iowa.gov/wic](http://www.idph.iowa.gov/wic)



*This institution is an equal opportunity provider.*

8.24.17

IOWA  
**WIC**  
DALLAS COUNTY

**Women, Infants  
and Children**



*Healthy foods make  
healthy kids!*

### Who is WIC for?

- Pregnant Women
- Breastfeeding Moms (up to 12 months after delivery)
- Non Breastfeeding Moms (up to 6 months after delivery)
- Babies
- Children under the age of 5

### Grow Healthy Families with WIC

- Nutritious foods to help your budget
- Information on eating well during pregnancy
- Tips and advice to help develop healthy eating habits for your family
- Breastfeeding information before your baby is born
- Breastfeeding support when you get home from the hospital
- Referrals for healthcare and other community resources

### Feed Your Family Well

The WIC Program can help your family start strong and stay healthy. We can give you information on how to keep your family healthy and provide access to healthy foods for free, including:

- Milk, Eggs, Yogurt, Cheese;
- Cereal, Juice;
- Whole Grain Breads, Rice, Tortillas, or Oatmeal;
- Fresh or Frozen Fruits;
- Fresh or Frozen Vegetables;
- Peanut Butter or Beans; and
- Infant Formula and Baby Foods

### Further Your Family's Finances

WIC is an income-based service and most WIC families work and still qualify. WIC is not a handout but a little extra help for families. Families receiving Medicaid, FIP, or Food Assistance/SNAP may also participate in WIC. Fathers, Grandparents, or other guardians may apply for their children.

**If you think you may qualify, please call the Broadlawns WIC Program to make an appointment at:**

**(515) 282-5800**

### Do I Qualify?

To qualify, you must:

- Meet the income rules (see below)
- Have an Iowa address

### Income Guidelines

Family Size	Annual Income	Monthly Income	Weekly Income
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

*Effective dates: July 1, 2017 - June 30, 2018*

### Things to Bring

For your WIC appointment, bring:

- Proof of income or eligibility for Medicaid, Food Assistance, or FIP
- Proof of address
- Proof of identity for those who need WIC