

Hunger is a big problem.
Together, we can solve it.



WIC

WIC (Women, Infants, & Children) is a USDA program that helps new mothers and children at risk of poor nutrition. WIC provides healthy foods, nutrition educations, and referrals to other healthcare agencies to ensure that babies and children grow up healthy.

Who Qualifies?

WIC serves new mothers and their children. To qualify, you must meet certain income guidelines and match one of the criteria below. Income guidelines and more information are available on the Iowa Department of Public Health website.

- Women who are pregnant
- Women who are breastfeeding
- Women who have given birth within the past six months
- Infants
- Children under the age of five

How to Apply?

Visit The Iowa Department of Public Health website to get started on a WIC application.



Questions? Email contactus@foodbankiowa.org or call 515.564.0330.