

Your child has you, and you have WIC

Effective July 1, 2016 - June 30, 2017

- ◆ Nutrition Counseling
- ◆ Healthy Eating
- ◆ Prenatal Nutrition
- ◆ Health Assessment
- ◆ Breastfeeding Support
- ◆ Healthy Foods

Dietary Guideline Recommendations	WIC Foods
Fruits and Vegetables	Fresh fruits and vegetables; baby foods; and juice
Whole grains	Whole wheat bread and pasta, whole wheat or corn tortillas, brown rice, whole grain cereals
Fat free and low fat dairy products	Fat free and low fat milk and yogurt; infant formula
Protein	Tuna fish/salmon, beans, peanut butter and eggs

Household Size	Monthly (Gross)	Yearly (Gross)
1	\$1,832	\$21,978
2	\$2,470	\$29,637
3	\$3,108	\$37,296
4	\$3,747	\$44,955
5	\$4,385	\$52,614
6	\$5,023	\$60,273
7	\$5,663	\$67,951
8	\$6,304	\$75,647

*Note: If you are pregnant, you may count your unborn child in your family size.



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wic.utah.gov | 1-877-WIC-KIDS (942-5437)

Health Department	Clinic	Address	Phone
Bear River	Brigham	817 W 950 S, Brigham City, 84302-3071	435-734-0845
Health Department	Garden City	115 S Bear Lake Blvd, Garden City , 84028	435-881-3383
	Logan	655 E 1300 N, Logan, 84341-2570	435-792-6451
	Randolph	275 N Main, PO Box 392, Randolph, 84064-0392	435-793-2445
	Tremonton	440 West 600 North, Tremonton, 84337	435-257-3318
Central Utah Public	W Millard	428 E Topaz Blvd, # D, PO Box 176, Delta, 84624-0176	435-864-3612
Health Department	Eureka	55 E Main, Eureka, 84628	435-623-0696
	E Millard	40 N 400 W, Fillmore, 84631	435-743-5723
	Piute	555 N Main, PO Box 40, Junction, 84740-0040	435-577-2521
	Wayne	18 S Main, PO Box 326, Loa, 84747-0326	435-836-1317
	Hanksville	50 W Main St, Hanksville, 84734	435-836-1317
	S Sanpete	40 W 200 N, Manti, 84642-1246	435-835-2231
	N Sanpete	20 S 100 W, # 30, Mount Pleasant, 84647-1507	435-462-2449
	Juab	160 N Main, Nephi, 84648-1412	435-623-0696
	Sevier	70 Westview Dr, Richfield, 84701-1868	435-896-5451
Davis County	Clearfield	22 South State Street, Clearfield, UT 84015	801-525-5010
Health Department	Woods Cross	596 W 750 S, Woods Cross, 84010-7268	801-292-7803
Salt Lake County	City	610 S 200 E, # 111, Salt Lake City, 84111-3802	385-468-4245
Health Department	Ellis Shipp	4535 S 5600 W, West Valley City, 84120-4639	385-468-3710
	Rose Park	799 N Redwood Rd, Ste A, Salt Lake City, 84116-1962	385-468-3660
	South East	9340 S 700 E, Sandy, 84070-6203	385-468-4335
	South Main	3690 S Main, Salt Lake City , 84115-3749	385-468-3990
	West Jordan	1740 W 7800 S, West Jordan, 84088-4016	385-468-4365
San Juan Public	Blanding	196 E Center, PO Box E, Blanding, 84511-0089	For all San Juan County Clinics Call: 435-678-2723
Health Department	Monticello	380 W 100 N, PO Box 1054, Monticello, UT 84535-1054	
	Montezuma Creek	East Hwy 262, PO Box 130, Montezuma Creek , 84534	
	Monument Valley	30 W Medical Drive, PO Box 360005, Monument Valley , 84536	
Southeastern Utah	Castle Dale	25 W Main, PO Box 644, Castle Dale, 84513-0644	435-381-2252
District Health Department	East Carbon	305 Center, PO Box 818, East Carbon, 84520-0818	435-888-0814
	Green River	305 W Main, PO Box 249, Green River, 84525-0249	435-564-3722
	Moab	575 S Kane Creek Blvd, Moab, 84532	435-259-5602
	Price	28 S 100 E, PO Box 800, Price, 84501-0800	435-637-3671
Southwest Utah Public	Beaver	1175 N. 75 W, PO Box G, Beaver, 84713	435-438-2482
Health Department	Cedar City	260 DL Sargent Dr, Cedar City, 84720-9342	435-586-2437
	Kanab	445 N Main St, Kanab, 84741	435-644-2537
	Panguitch	601 E Center St, Panguitch, 84759	435-676-8800
	St. George	620 South 400 East Suite 400, St. George, 84770	435-673-3528
Summit County	Coalville	85 N 50 E, PO Box 128, Coalville, 84017-0128	ALL Summit County Clinics Call: 435-333-1515
Public Health Department	Kamas	110 N Main, PO Box 698, Kamas, 84036-0698	
	Park City	650 Round Valley Dr, Park City, 84060	
Tooele County	Tooele	151 N Main, Tooele, 84074-2141	435-277-2320
Health Department	Wendover	100 S 9th St, PO Box 554, Wendover, 84083-0554	435-665-7004
TriCounty	Roosevelt	409 S. 200 E. Roosevelt, UT 84066	435-722-6333
Health Department	Vernal	133 S. 500 E. Vernal, 84078	435-247-1179
Utah County	N County	599 S 500 E, American Fork, 84003	801-851-7320
Health Department	Orem	816 North 980 West, Orem , UT 84057	801-851-7340
	S County	910 E 100 N, # 175, Payson, 84651-1641	801-851-7360
	Provo	151 S University Ave, # 2100, Provo, 84601-4427	801-851-7300
Wasatch County Health Department	Heber	55 S 500 E, Heber City, 84032-1918	435-657-3266
Weber-Morgan	Morgan	236 E. Young Street, Morgan, 84050	801-829-4275
Health Department	Ogden	455 23rd Street, Ogden, 84401—1507	801-399-7200