

WHAT IS WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children, known as WIC, serves pregnant or breastfeeding women, new moms and infants and children up to age five. WIC provides information on healthy eating and referrals to other help.

WIC also provides food to give children the best start to grow up healthy. WIC families can get foods like fruits, vegetables, milk, eggs, whole grains, peanut butter, cereal, baby foods and formula.

WIC is for married and single-parent families and those working or not working. Any parent, grandparent, foster parent or guardian of a child younger than age five can apply for WIC.

Contact a local WIC office to apply. Learn more and find a WIC office near you at hhs.nd.gov/food-programs/WIC or call (800) 472-2286, 711 (TTY).



For more information, contact your local WIC office listed below or visit signupwic.com.

COUNTY(IES)	LOCATION	PHONE NUMBER
Adams	Hettinger	701-567-6198
Barnes	Valley City	701-845-8520
Bottineau	Bottineau	701-228-3489
Burleigh, Emmons, Kidder	Bismarck	701-255-3397
Cass	Fargo	701-277-1455
Dickey	Ellendale, Oakes	701-252-8130
Grand Forks	Grand Forks	701-775-3667
Griggs	Cooperstown	701-575-9041
LaMoure	Edgeley, LaMoure	701-252-8130
Logan	Napoleon	701-252-8130
McHenry	Drake, Velsa, Towner	701-723-2118
McIntosh	Ashley	701-252-8130
Morton, Grant, Mercer, Oliver, Sioux	Mandan	701-667-3364
Nelson	Lakota	701-247-2263
Pembina and Cavalier	Cavalier	701-265-4764
Ramsey, Benson, Eddy, Foster, Pierce, Towner, Wells	Devils Lake	701-662-7043
Ransom and Sargent	Lisbon	701-683-6139
Richland	Wahpeton	701-642-7735
Rolette	Dunseith, Rolla	701-244-5187 701-477-5646
Sheridan	McClusky	701-363-2506
Spirit Lake Nation	Fort Totten	701-766-4242
Stark, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope	Dickinson	701-483-0171
Stutsman	Jamestown	701-252-8130
Traill and Steele	Mayville	701-788-4437
Turtle Mountain	Belcourt	701-477-6436
Walsh	Grafton	701-352-5139
Ward, Burke, Renville	Kenmare	701-385-4328
Ward and McLean	Minot	701-852-1376
Ward	Minot AFB	701-723-2118
Williams, Divide, McKenzie, Mountrail	Williston	701-774-6401



HEALTHY STARTS HERE

NORTH
Dakota | Health & Human Services
Be Legendary.

2025-2026



SCAN HERE FOR
MORE INFORMATION

WE'RE HERE FOR YOU

Did you know WIC offers the following?



HEALTHY FOOD + NUTRITION TIPS

WIC helps you feed your family healthy meals. We provide:

- Monthly food benefits on an eWIC card to use at your local grocery store.
- Recipes and ideas on how to use the WIC foods.
- Tips for picky eating.



To learn more about WIC-approved foods, install the free WIC Shopper app from your app/play store.

If you receive Medicaid, TANF, SNAP, or Healthy Steps, you are income eligible for WIC even if your income is above these guidelines. (Note: If you are pregnant, you can add one more person to the size of your household.)



A COMMUNITY OF SUPPORT

WIC offers a network of experts for information and guidance:

- Nutritionists provide personalized nutrition counseling.
- Breastfeeding specialists to help you breastfeed successfully.
- Individual assessment of growth and health.



REFERRALS

WIC offers information about other helpful services including:

- Health care professionals such as doctors, dentists, and lactation consultants.
- Immunization services.
- Local social service programs including Medicaid, SNAP, and housing assistance.

2025-2026 USDA INCOME GUIDELINES (before taxes)			
SIZE OF HOUSEHOLD	WEEKLY INCOME	MONTHLY INCOME	YEARLY INCOME
1	\$557	\$2,413	\$28,953
2	\$753	\$3,261	\$39,128
3	\$949	\$4,109	\$49,303
4	\$1,144	\$4,957	\$59,478
5	\$1,340	\$5,805	\$69,653
FOR EACH ADDITIONAL FAMILY MEMBER ADD:			
	\$196	\$848	\$10,175

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g. Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

[1] mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or [2] fax: (833) 256-1665 or (202) 690-7442; or [3] email: Program.Intake@usda.gov.

This institution is an equal opportunity provider.