

SD Department of Health – WIC Program

WIC is a supplemental nutrition program for eligible women, infants, and children, funded by the U.S. Department of Agriculture and administered by the South Dakota Department of Health. WIC's goal is to promote and maintain the health and well-being of nutritionally at-risk women, infants, and young children. WIC is available for all counties in the state and is an equal opportunity program. WIC provides nutrition education and counseling, breast-feeding support (information & breast pumps), healthy foods, referral to doctors, nurses, health and social service agencies, and immunizations, if needed.

WIC serves eligible women and teens (who are pregnant or have been pregnant in the last six months, are breast-feeding up to 12 months after delivery, or have had a baby in the last six months), infants and children up to age five. To be eligible, an applicant must meet income guidelines, residency requirements and have a nutrition or health risk.

For the number of the local WIC office, **call toll free 1-800-738-2301** (in South Dakota only). At the WIC appointment you will be asked to provide family income information, identity and residency information, information about foods eaten, answer questions about past and current health, have height and weight taken, have a finger blood test taken, visit with health professional about nutrition education and health needs, and if eligible, get food “checks” to buy foods at authorized grocery store. You will receive monthly benefits. Come to the local WIC office to receive nutrition education and food “checks.” You can purchase WIC food at any grocery store that has signed an agreement with the WIC Program to comply with program policies. These stores are referred to as “authorized” WIC retailers. A list of “authorized” stores in your area is provided when you are determined eligible for WIC.

SOUTH DAKOTA WIC INCOME GUIDELINES – 2009

FAMILY SIZE	185% OF FEDERAL POVERTY LEVEL ANNUAL
1	\$20,036
2	\$26,955
3	\$33,874
4	\$40,793
5	\$47,712
6	\$54,631
7	\$61,550
8	\$68,469
9	\$75,388
10	\$82,307
11	\$89,226
12	\$96,145
13	\$103,064
14	\$109,983
15	\$116,902
Each additional member	\$ 6,919

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