

Basic Program Information
Laramie County, Wyoming WIC Program

What is WIC?

The Wyoming Women, Infants, and Children Program provides food and nutrition information to help pregnant women, breastfeeding women, infants and children under the age of five stay healthy and strong.

How can WIC help women, infants, and children?

For Women:

Women in the WIC program eat better, have healthier babies and receive early prenatal care.

For Infants:

Infants born to mothers in the WIC program weigh more and grow and develop better.

For Children:

Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly and receive immunizations.

Who is eligible for WIC in Wyoming?

The WIC program is available for:

- People who live in Wyoming,
- Pregnant, postpartum or breastfeeding women,
- Infants or children under 5 years of age,
- People who have a nutritional need,
- People who have a household income that is less than or equal to the income guidelines below (people who currently receive POWER, Food Stamps, or Medicaid are automatically eligible),
- Fathers, guardians, or foster parents.

WIC Total Income Guidelines, effective July 1, 2008

Household Size	Yearly Income	Monthly Income	Weekly Income
1 person	\$19,240	\$1,604	\$370
2	\$25,900	\$2,159	\$499
3	\$32,560	\$2,714	\$627
4	\$39,220	\$3,269	\$755
5	\$45,880	\$3,824	\$883
6	\$52,540	\$4,379	\$1,011
7	\$59,200	\$4,934	\$1,139
8	\$65,860	\$5,489	\$1,267

How do I apply for WIC in Laramie County, Wyoming?

To set up an appointment, call the Laramie County WIC Program at 307-634-6180. The local WIC program staff will tell you what to bring to your appointment.

What if I don't live in Laramie County, WY?

To find out about WIC outside of Cheyenne, Laramie County, WY, call 1-800-994-4769.

What should I expect at my WIC appointment?

At your appointment, a WIC nutritionist or nurse will check your diet and review your health history.

What will I receive on the WIC program?

If you are eligible, you will receive information and counseling, referrals to other services, and a WYO W.E.S.T. card to buy foods such as:

- milk
- cheese
- eggs
- tuna fish
- cereal
- fruit juice
- infant formula
- peanut butter
- carrots dried beans and peas

These foods help pregnant women, breastfeeding women, babies and children stay healthy and strong.

The WIC Staff is a caring team of experts who also provide:

- Counseling on how to use WIC approved foods to improve health.
- Immunization screening and referrals.
- Discussions on food shopping, recipes, taking care of babies, and how to breastfeed.
- Information on good eating during pregnancy and breastfeeding and how to feed your child.
- Referrals to doctors, Public Health Nursing, dentists, and programs like Food Stamps, POWER, Medicaid, Kid Care CHIP, Best Beginnings, Children's Special Health Services, Head Start, Cent\$ible Nutrition Program, day care, and fuel assistance.