

# Your child has you, and you have WIC

Effective July 1, 2022 - June 30, 2023

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

Household Size	Monthly (Gross)	Yearly (Gross)
1	\$2,096	\$25,142
2	\$2,823	\$33,874
3	\$3,551	\$42,606
4	\$4,279	\$51,338
5	\$5,006	\$60,070
6	\$5,734	\$68,802
7	\$6,462	\$77,534
8	\$7,189	\$86,266

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

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



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<b>Health Department</b>	<b>Clinic</b>	<b>Address</b>	<b>Phone</b>
<b>Bear River Health Department</b>	Brigham	817 W 950 S, <b>Brigham City</b> , 84302-3071	<b>435-734-0845</b>
<b>Health Department</b>	Garden City	115 S Bear Lake Blvd, <b>Garden City</b> , 84028	<b>435-881-3383</b>
	<b>Logan</b>	<b>655 E 1300 N, Logan, 84341-2570</b>	<b>435-792-6451</b>
	Logan South	635 S 100 E, <b>Logan</b> , 84321	<b>435-792-6451</b>
	Randolph	275 N Main, PO Box 392, <b>Randolph</b> , 84064-0392	<b>435-793-2445</b>
	Tremonton	440 W 600 N, <b>Tremonton</b> , 84337	<b>435-257-3318</b>
<b>Central Utah Public Health Department</b>	W Millard	362 W Main St, Ste 1, PO Box 176, <b>Delta</b> , 84624-0176	<b>435-864-3612</b>
<b>Health Department</b>	Eureka	440 E Main, <b>Eureka</b> , 84628	<b>435-623-0696</b>
	E Millard	40 N 400 W, <b>Fillmore</b> , 84631	<b>435-743-5723</b>
	Piute	545 N Main, PO Box 40, <b>Junction</b> , 84740-0040	<b>435-577-2521</b>
	Wayne	18 S Main, PO Box 326, <b>Loa</b> , 84747-0326	<b>435-836-1317</b>
	Hanksville	50 W Main St, <b>Hanksville</b> , 84734	<b>435-836-1317</b>
	S Sanpete	40 W 200 N, <b>Manti</b> , 84642-1246	<b>435-835-2231</b>
	N Sanpete	20 S 100 W, # 30, <b>Mount Pleasant</b> , 84647-1507	<b>435-462-2449</b>
	Juab	160 N Main, <b>Nephi</b> , 84648-1412	<b>435-623-0696</b>
	<b>Sevier</b>	<b>70 Westview Dr, Richfield, 84701-1868</b>	<b>435-896-5451</b>
<b>Davis County Health Department</b>	<b>Clearfield</b>	<b>22 S State St, Clearfield, UT 84015</b>	<b>801-525-5010</b>
<b>Salt Lake County Health Department</b>	Ellis Shipp	4535 S 5600 W, <b>West Valley City</b> , 84120-4639	<b>385-468-3710</b>
<b>Health Department</b>	Salt Lake	610 S 200 E, <b>Salt Lake City</b> , 84111	<b>385-468-3660</b>
	South East	9340 S 700 E, <b>Sandy</b> , 84070-6203	<b>385-468-4335</b>
	South Main	3690 S Main, <b>Salt Lake City</b> , 84115-3749	<b>385-468-3990</b>
	South Redwood	7971 S 1825 W, <b>West Jordan</b> , 84088	<b>385-468-4365</b>
<b>San Juan Public Health Department</b>	<b>Blanding</b>	<b>735 S 200 W, Ste B, Blanding, 84511</b>	<b>For all San Juan County Clinics Call: 435-587-3838</b>
<b>Health Department</b>	Monticello	380 W 100 N, PO Box 1054, <b>Monticello</b> , UT 84535-1054	
	Montezuma Creek	Hwy 262, PO Box 130, <b>Montezuma Creek</b> , 84534	
	Monument Valley	30 W Medical Drive, PO Box 360005, <b>Monument Valley</b> , 84536	
<b>Southeast Utah Health Department</b>	Castle Dale	25 W Main, PO Box 644, <b>Castle Dale</b> , 84513-0644	<b>435-381-2252</b>
<b>Health Department</b>	East Carbon	105 W Geneva Dr, <b>East Carbon</b> , 84520-0818	<b>435-630-8080</b>
	Green River	585 W Main, PO Box 249, <b>Green River</b> , 84525-0249	<b>435-630-8080</b>
	Moab	575 S Kane Creek Blvd, <b>Moab</b> , 84532	<b>435-259-5602</b>
	<b>Price</b>	<b>149 E 100 S, PO Box 800, Price, 84501-0800</b>	<b>435-637-3671</b>
	<b>Southwest Utah Public Health Department</b>	Beaver	1175 N 75 W, PO Box G, <b>Beaver</b> , 84713
<b>Health Department</b>	Cedar City	260 DL Sargent Dr, <b>Cedar City</b> , 84720-9342	<b>435-586-2437</b>
	Kanab	445 N Main St, <b>Kanab</b> , 84741	<b>435-644-2537</b>
	Panguitch	601 E Center St, <b>Panguitch</b> , 84759	<b>Call Cedar City</b>
	<b>St. George</b>	<b>620 S 400 E Suite 400, St. George, 84770</b>	<b>435-986-2555</b>
<b>Summit County Public Health Department</b>	Coalville	85 N 50 E, PO Box 128, <b>Coalville</b> , 84017-0128	<b>For all Summit County Clinics Call: 435-333-1515</b>
<b>Health Department</b>	Kamas	110 N Main St, <b>Kamas</b> , 84036	
	<b>Park City</b>	<b>650 Round Valley Dr, Park City, 84060</b>	
<b>Tooele County Health Department</b>	<b>Tooele</b>	<b>151 N Main, Tooele, 84074-2141</b>	<b>435-277-2320</b>
<b>Health Department</b>	Wendover	920 E Wendover Blvd, PO Box 554, <b>Wendover</b> , 84083-0554	<b>435-277-2327</b>
	<b>TriCounty Health Department</b>	Roosevelt	409 S 200 E <b>Roosevelt</b> , UT 84066
<b>Health Department</b>	<b>Vernal</b>	<b>133 S 500 E Vernal, 84078</b>	<b>435-247-1179</b>
	American Fork	599 S 500 E, <b>American Fork</b> , 84003	<b>For all Utah County Clinics Call: 801-851-7300</b>
	Payson	285 N 1250 E, Payson, 84651	
	<b>Provo</b>	<b>151 S University Ave, # 2100, Provo, 84601-4427</b>	
Saratoga Springs	1528 Commerce Dr. #204, <b>Saratoga Springs</b> , 84045		
<b>Wasatch County Health Department</b>	<b>Heber</b>	<b>55 S 500 E, Heber City, 84032-1918</b>	<b>435-657-3302</b>
<b>Weber-Morgan Health Department</b>	<b>Ogden</b>	<b>455 23rd Street, Ogden, 84401--1507</b>	<b>801-399-7200</b>
<b>Health Department</b>	Morgan	90 W Young St, <b>Morgan</b> , 84050	<b>801-399-7155</b>