

# 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

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

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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Health Department	Clinic	Address	Phone
<b>Bear River</b>	Brigham	817 W 950 S, Brigham City, 84302-3071	435-734-0845
<b>Health Department</b>	Garden City	115 S Bear Lake Blvd, Garden City, 84028	435-946-3553
	<b>Logan</b>	<b>655 E 1300 N, Logan, 84341-2570</b>	<b>435-792-6451</b>
	Randolph	275 N Main, PO Box 392, Randolph, 84064-0392	435-793-2445
	Tremonton	440 West 600 North, Tremonton, 84337	435-257-3318
<b>Central Utah Public</b>	W Millard	428 E Topaz Blvd, # D, PO Box 176, Delta, 84624-0176	435-864-3612
<b>Health Department</b>	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
	<b>Sevier</b>	<b>70 Westview Dr, Richfield, 84701-1868</b>	<b>435-896-5451</b>
<b>Davis County</b>	<b>Clearfield</b>	<b>22 South State Street, Clearfield, UT 84015</b>	<b>801-525-5010</b>
<b>Health Department</b>	Woods Cross	596 W 750 S, Woods Cross, 84010-7268	801-292-7803
<b>Salt Lake County</b>	City	610 S 200 E, # 111, Salt Lake City, 84111-3802	385-468-4245
<b>Health Department</b>	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
<b>San Juan Public</b>	<b>Blanding</b>	<b>196 E Center, PO Box E, Blanding, 84511-0089</b>	<b>For all San Juan</b>
<b>Health Department</b>	Monticello	380 W 100 N, PO Box 1054, Monticello, UT 84535-1054	<b>County Clinics</b>
	Montezuma Creek	East Hwy 262, PO Box 130, Montezuma Creek, 84534	<b>Call: 435-678-2723</b>
	Monument Valley	30 W Medical Drive, PO Box 360005, Monument Valley, 84536	
<b>Southeastern Utah</b>	Castle Dale	25 W Main, PO Box 644, Castle Dale, 84513-0644	435-381-2252
<b>District Health Department</b>	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
	<b>Price</b>	<b>28 S 100 E, PO Box 800, Price, 84501-0800</b>	<b>435-637-3671</b>
<b>Southwest Utah Public</b>	Beaver	1175 N. 75 W, PO Box G, Beaver, 84713	435-438-2482
<b>Health Department</b>	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
	<b>St. George</b>	<b>620 South 400 East Suite 400, St. George, 84770</b>	<b>435-673-3528</b>
<b>Summit County</b>	Coalville	85 N 50 E, PO Box 128, Coalville, 84017-0128	<b>ALL Summit</b>
<b>Public Health Department</b>	Kamas	110 N Main, PO Box 698, Kamas, 84036-0698	<b>County Clinics</b>
	<b>Park City</b>	<b>650 Round Valley Dr, Park City, 84060</b>	<b>Call: 435-333-1515</b>
<b>Tooele County</b>	<b>Tooele</b>	<b>151 N Main, Tooele, 84074-2141</b>	<b>435-277-2320</b>
<b>Health Department</b>	Wendover	100 S 9th St, PO Box 554, Wendover, 84083-0554	435-665-7004
<b>TriCounty</b>	Roosevelt	409 S. 200 E. Roosevelt, UT 84066	435-722-6333
<b>Health Department</b>	<b>Vernal</b>	<b>133 S. 500 E. Vernal, 84078</b>	<b>435-247-1179</b>
<b>Utah County</b>	N County	599 S 500 E, American Fork, 84003	801-851-7320
<b>Health Department</b>	Orem	816 North 980 West, Orem, UT 84057	801-851-7340
	S County	910 E 100 N, # 175, Payson, 84651-1641	801-851-7360
	<b>Provo</b>	<b>151 S University Ave, # 2100, Provo, 84601-4427</b>	<b>801-851-7300</b>
<b>Wasatch County Health Department</b>	<b>Heber</b>	<b>55 S 500 E, Heber City, 84032-1918</b>	<b>435-657-3266</b>
<b>Weber-Morgan</b>	Morgan	236 E. Young Street, Morgan, 84050	801-829-4275
<b>Health Department</b>	<b>Ogden</b>	<b>455 23rd Street, Ogden, 84401-1507</b>	<b>801-399-7200</b>