



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501
Phone: 208-799-0390
Fax: 208-799-0349

Moscow-Latah County

333 E. Palouse River Dr.
Moscow, ID 83843
Phone: 208-882-7353
Fax: 208-882-3494

Orofino-Clearwater County

105 115th Street
Orofino, ID 83544
Phone: 208-476-7850

Grangeville-Idaho County

903 W. Main Street
Grangeville, ID 83530
Phone: 208-983-2842

Kamiah-Lewis County

132 North Hill Street
Kamiah, ID 83536
Phone: 208-935-2124



**What to Bring to
Certification Appointments:**

- ◇ Proof of current physical address
- ◇ Proof of income for the last 30 days for everyone in the home.
- ◇ WIC Folder
- ◇ Current shot records for children under 3
- ◇ Clean diaper
- ◇ Person being certified

WIC

NEWSLETTER

Spring 2019



WIC Formula Changes

We have a new soy formula

Similac Soy is now our soy based WIC-eligible formula.



Similac Advance remains our milk based WIC-eligible formula.

eWIC is coming!

Idaho WIC is converting from WIC checks to WIC food benefit cards in 2019!

Our area will start the conversion

October 10

Please be patient with us, during this time of change.

Questions ???

ASK US

We would love to tell you all about it!

Choose Fresh!

Purchase Fruits and Veggies that are in season for a lower price and better taste.

Spring: Produce

APPLES
APRICOTS
ASPARAGUS
BANANAS
BROCCOLI
CABBAGE
CARROTS
CELERY
COLLARD GREENS
GARLIC

GREENS(COOKING)
LETTUCE
MUSHROOMS
ONIONS/LEEKES
PEAS
PINEAPPLE
RADISHES
RHUBARB
SPINACH
STRAWBERRIES
SWISS CHARD
TURNIPS

March Is National Nutrition Month



Breastfeeding Corner

Here's what local WIC moms are saying about breastfeeding: It Can Make Life Easier

"Breastfeeding is easier than I thought! I nursed all three of my girls, including my preemie, for all 12 months."

"I like that breastfeeding is good for the baby and easy to do."

"Breast milk is the best for my baby and breastfeeding takes the weight right off."