

IOWA
wWIC



Siouxland WIC serves: Pregnant, postpartum, and breastfeeding women

Infants

Children up to the age of 5

Participants in WIC receive an [eWIC card](#) for healthy foods. The [foods provided by WIC](#) provide nutrients that are essential for good health and growth. Participants also meet with nurses and dietitians to review health and diet information, discuss important [nutrition information](#) for their family, and receive referrals for [other services](#) when needed.

To qualify for WIC, a person must: [Meet income guidelines](#)

Be a resident of Iowa

Have a health or nutritional need

If you think you may qualify for WIC and would like to apply, please contact us at 712-279-6636.

New Office Hours - Effective September 1, 2018

Monday, Tuesday, Thursday, Friday 8:00 am - 4:30 pm

Wednesday 9:00 am - 5:30 pm

Please DO NOT bring sick Children to WIC appointments. Please call 712-279-6636 to reschedule. Thank you.

Por favor no traiga a sus niños enfermos a las citas de WIC. Por favor llame al 712-279-6636 para programar otra cita. Gracias.

Siouxland WIC is also on [Facebook!](#)

[What do I need to bring to my WIC appointment?](#)

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at [\(800\) 877-8339](tel:8008778339). Additionally, program information may be made available in languages other than English.

To file a complaint alleging discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [\(866\) 632-9992](tel:8666329992).

. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) Fax: [\(202\) 690-7442](tel:2026907442) ; or

(3) Email: program.intake@usda.gov .

This institution is an equal opportunity provider.

For TTY services call 1-800-735-2942 (English) or 1-800-264-7190 (Spanish).