



Women, Infants and Children (WIC) Program

Nurturing the growth of healthy families in New Mexico



Mission

Offers free healthy foods, nutrition education, nursing support, and community connections to help families live their best lives.

Highlights

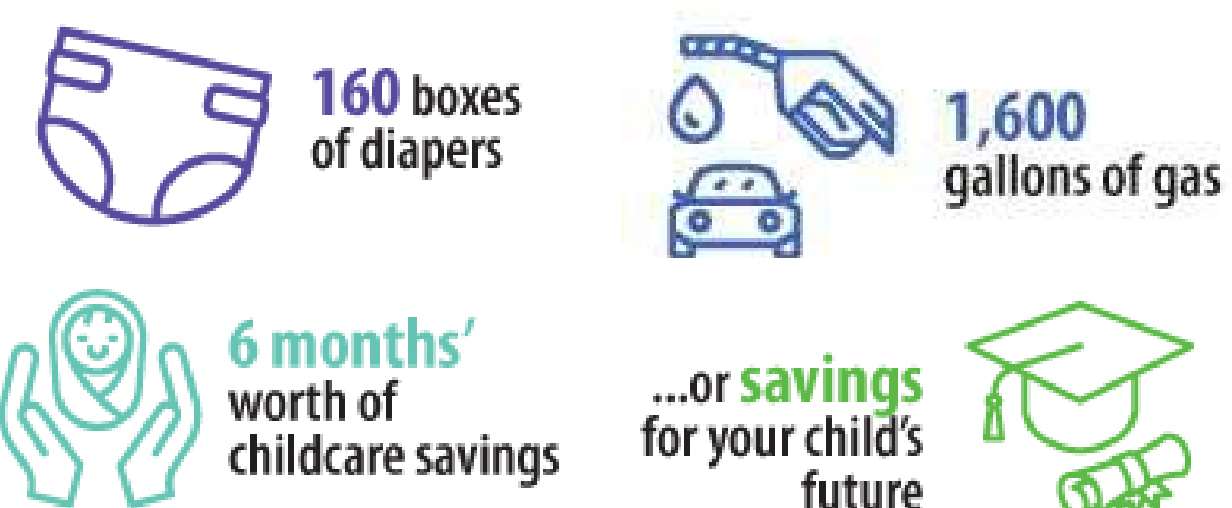
- Online grocery shopping available in some locations
- Can receive a breast pump (handheld or electric)
- Provides seasonal recipes
- Provides formula

Hours of Operation

Monday through Friday
8:00am MST to 5:00pm MST

What WIC Can Save You...

If you participate in WIC until your child is 5 years old you could save \$4000



Services Provided

- Nursing Information
- Nutrition and Health
- Shopping for Groceries
 - Farmers' Market Locations
 - Online Classes
- Community Partners

Funded Through Government Grants

Locations

- Albuquerque
- Alamogordo
- Anthony
- Artesia
- Belen
- Bernalillo
- Bloomfield
- Cannon AFB
- Carlsbad
- Chaparral
- Clayton
- Clovis
- Columbus
- Cuba
- Deming
- Dexter
- Dulce
- Edgewood
- Espanola
- Eunice
- Farmington
- Fort Sumner
- Gallup
- Grants
- Hatch
- Hobbs
- Holloman AFB
- Jal
- Las Cruces
- Las Vegas
- Lordsburg
- Los Alamos
- Los Lunas
- Lovington
- Mescalero
- Mesquite
- Penasco
- Portales
- Questa
- Raton
- Ruidoso
- Roswell
- Santa Fe
- Santa Rosa
- Silver City
- Socorro
- Sunland Park
- Taos
- Tularosa
- Truth or Consequence
- Tucumcari
- White Sands

Do You Qualify?

- *Live in New Mexico**
- *Are pregnant or have a child under 5 years old**
- *Meet income guidelines**

Family Size	Annual	Monthly	Twice Monthly	Biweekly	Weekly
1	\$23,828	\$1,986	\$993	\$917	\$459
2	32,227	2,686	1,343	1,240	620
3	40,626	3,386	1,693	1,563	782
4	49,025	4,086	2,043	1,886	943
5	57,424	4,786	2,393	2,209	1,105
6	65,823	5,486	2,743	2,532	1,266
7	74,222	6,186	3,093	2,855	1,428
8	82,621	6,886	3,443	3,178	1,589
9	91,020	7,585	3,793	3,501	1,751
10	99,419	8,285	4,143	3,824	1,912
11	107,818	8,985	4,493	4,147	2,074
12	116,217	9,685	4,843	4,470	2,235
13	124,616	10,385	5,193	4,793	2,397
14	133,015	11,085	5,543	5,116	2,558
15	141,414	11,785	5,893	5,439	2,720
16	149,813	12,485	6,243	5,763	2,882

Contact

Call 866-867-3124 or visit
<https://www.nmwic.org/>