### Iowa CACFP Child Care Center Parent/Guardian Letter - Non-pricing (front)

5/2024

Purpose: The attached lowa Eligibility Application is used to determine eligibility for free and reduced price meal reimbursement. The instructions for completion are on the back of this letter.

Dear Parent or Guardian:

This center participates in the Child and Adult Care Food Program (CACFP) administered by the United States Department of Agriculture (USDA). Participants are not charged separately for meals. However, by participating in this Program, the center receives partial reimbursement for nutritious meals served to children. The amount of reimbursement the center receives is determined by the information you provide. Providing information can help your center purchase nutritious food. Higher reimbursement will be given to the center for meals served to enrolled children from families whose income is at or below the level shown in the chart below. Please read the instructions on the back, complete, sign and return the attached income application as soon as possible. An application that does not contain all required information cannot be used by the center. If required information is missing, free or reduced-price meal benefits will be denied. Call your center if you need help with the form. The information reported on this form will be filed and treated as confidential.

A foster child who is the legal responsibility of a welfare agency or court may be certified as eligible for free meals regardless of your household income. See instructions on the back for more information.

If you do not qualify now to receive free or reduced-price meals, you may apply for benefits at any time during the year. If you have a decrease in household income, have an increase in family size, or have enrolled children that become eligible for SNAP or FIP, you may fill out an application at that time.

Income Eligibility Guidelines for Reduced Price Meals
Effective 7-1-2024 to 6-30-2025

Household Size	200110011-1-20		Reduced Price	e Meals	
	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728
3	\$47,767	\$3,981	\$1,991	\$1,838	\$919
4	\$57,720	\$4,810	\$2,405	\$2,220	\$1,110
5	\$67,673	\$5,640	\$2,820	\$2,603	\$1,302
6	\$77,626	\$6,469	\$3,235	\$2,986	\$1,493
7	\$87,579	\$7,299	\$3,650	\$3,369	\$1,685
8	\$97,532	\$8,128	\$4,064	\$3,752	\$1,876
For each additional family member add:	+ \$9,953	+ \$830	+ \$415	+ \$383	+ \$192

### Privacy Act Statement: This explains how we will use the information you give us.

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. The last four digits of the social security number of the adult household member who signs the application must be listed. The social security information is not required when you apply on behalf of a foster child or if you list a SNAP number, or Family Investment Program number, or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the CACFP. We may share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

### **USDA Nondiscrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <a href="https://www.usda.gov/sites/default/files/documents/ad-3027.pdf">https://www.usda.gov/sites/default/files/documents/ad-3027.pdf</a>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
- fax
  - (833) 256-1665 or (202) 690-7442; or
- 3. email:
  - program.intake@usda.gov

This institution is an equal opportunity provider.

### Instructions for Completing Iowa Eligibility Application Complete both sides of an application for each household.

All applicants should complete Part 1. This application may be used to apply for benefits in school meals or milk programs, child care centers and home based care for children. Check all boxes that apply to your family. You may make copies of a completed application for each program in which your child participates.

### FIP OR SNAP HOUSEHOLD MEMBER, including child(ren) in Head Start or Even Start, follow these instructions.

Part 3. List one FIP or SNAP <u>Case Number</u> per household in the area provided. <u>Use the Case Number listed in the DHS Notice of Decision</u>. Eligibility based on Head Start or Even Start is available only if your child is enrolled in Head Start <u>and</u> documentation from the Head Start agency is provided. **NOTE: Medicaid, Title XIX and EBT <u>card</u> numbers are not acceptable.** 

Part 4. List the name, date of birth, grade (if applicable), name of school/Head Start/child care center attended for each child in your household. Provide ethnic and racial information if you choose.

Part 5. Skip this section.

Part 6. Read the certification and complete this section.

### HOMELESS, MIGRANT OR RUNAWAY, follow these instructions.

Part 2. For children attending school, check if any child is Homeless, Migrant, or a Runaway and call your child's school.

Part 4. List the name, date of birth, grade (if applicable), name of school/Head Start/child care center attended for each child in your household. Provide ethnic and racial information if you choose.

Part 5. Skip this section.

Part 6. Read the certification and complete this section.

**FOSTER CHILD IN HOUSEHOLD**, follow these instructions. A foster child is a child who is living with a household but who remains the legal responsibility of the welfare agency or court. Foster children can be included as household members or included on a separate application.

**Part 4**. List the child's name, date of birth, grade (if applicable), name of school/Head Start/child care center attended. Check the box for foster child. Provide ethnic and racial information if you choose.

**Part 5.** Complete this section only if the foster child receives money for personal use or has other regular personal income. If the foster child has no income, check the box indicating no income. DO NOT include the stipend received by the foster family to provide care to the foster child.

Part 6. Read the certification and complete this section.

### **ALL OTHER HOUSEHOLDS**, including WIC households, follow these instructions for reporting income.

**Part 4**. List the name, date of birth, grade (if applicable), name of school/Head Start/child care center/home attended for each child in your household. Provide ethnic and racial information if you choose.

Part 5. Follow these instructions to report total household income from last month.

**Name:** List the last and first names of **each** person living in your household, related or not (such as grandparents, other relatives, or friends); include yourself and all children living with you. The household decides whether to include the foster child on their household application with non-foster children. Attach another sheet of paper if needed.

Age: List the age of each household member.

Check if No Income: Put a mark in the box if the household member does not have an income.

Gross Income last month and how it was received: Report the amount of income received in the appropriate Gross Income column (weekly, every 2 weeks, twice monthly, or monthly). List the gross income each person earned from work. This is not the same as take-home pay. Gross income is the amount earned before taxes and other deductions. The amount should be listed on your pay stub, or your boss can tell you. If you have a household member for whom last month's income was higher or lower than usual, list that person's expected average income. If the household includes the foster child, they must report any personal income received by the foster child on the foster parent's household application.

Other Monthly Payments or Income: Money is reported in this section if it is regularly received. List the amount each person received last month from welfare, child support, alimony, adoption subsidies, pensions, retirement, Social Security, Supplemental Security Income (SSI), and Veteran's benefits (VA benefits). In the All Other Income column, include Worker's Compensation, unemployment, strike benefits, regular contributions from people who do not live in your household, cash withdrawn from savings, investments or trusts, interest and ANY OTHER INCOME. Use the Self-Employment Income Worksheet on the back of the application to calculate net income for self-owned businesses, farm, or rental income and report in the All Other Income column. Do not report: Scholarships, educational benefits, lump sum payments, combat pay, Deployment Extension Incentive Pay (DEIP) or children's incidental income from occasional activities such as babysitting, shoveling snow, or cutting grass. If you are in the Military Housing Privatization Initiative or get combat pay do not include these allowances.

**Social Security Number:** If the application is being made on the basis of income, the adult signing the form must provide the last 4 digits of his or her Social Security number or mark the "I do not have a Social Security number" box. <u>If you do not provide your Social Security information or mark the box, your application cannot be processed.</u>

Part 6. Read the certification and complete this section.

																Page	1012
Return form to:	Trans			one ap	/a Eliç plication railable a	per ho	useho	ld. Fisc	al Year			ated-ar	oplicatio	ns		FFY	24-25
Part 1. Check if any chil													unaway		grant l	□ Home	eless
Part 2. FIP or SNAP Eliginclude zeros). NOTE: Kin	derTra	ck (KT)	, Medica	aid, Title	Case N	lumber EBT car	for AN	ers are	not acce	eptable	Skip p	art 3.		of Dec	cision (1	10 digits	5,
Name of household mem Part 3. Children enrolled				The second secon	PLICAL	NTS.			List Cas	se nun	ner						
	, de processo de la constanta					Ethnici			or Latin	o Race		Asian			or Afric		
List name(s) of all enro	olled ch	nild(ren)	in your	nousenc	ola.	N=N	vot Hisp	oanic or		pleting			Indian o e is volu		a Native	VV-VVII	ile
Last Name	First Na	ame		Middle or In		Check box for foster child		e of irth	Grade		OPTION NICITY	AL		lame of	School/l are Cent		
1.																	
2.																	
3.													ļ				
4.										_							
5.																	
Part 4. Total Household List all Household Members gross income (before taxes any fields blank, you are ce child's own income.	(inclu	iding yo	urself) e	ven if the	ey do not	receive	income	e. For ea ey do no for foste	ach Hou ot receive r childre	sehold incom n, inclu	Membe e from a de only	r listed, any sou money	if they our	do recei te '0'. If	you ent	er '0' or	leave
	Age	Gro			work/ all o		me:			Alimony					ension/ F n? (Mark		
First and Last Name	+		Weekly	Bi- Weekly	/lark "X" in	Monthly	Yearly	Н	ow Often Weekly	? (Mark Bi- Weekly	"X" in bo 2x month	X) Monthly	,	Weekly	Bi- Weekly	2x Month	Monthly
1	1	\$						\$					\$				
2	+	\$						\$					\$				
2.	+	\$						\$					\$				
3.	+-	s						\$					\$				
4.	-	e e						\$					\$				
5.		φ			<u> </u>			1 -1	have a	Coolel (	Courity	Numbe			L	<u> </u>	L
Last four digits of my Social Security Number: X XX - X X □ I do not have a Social Security Number.  If Part 4 is completed, the adult signing the form must provide the last 4 digits of his or her Social Security Number or mark the "I do not have a Social Security Number" box. For further information refer to the Privacy Act Statement in the parent letter.																	
Part 5. Certification ar I certify (promise) that all in funds based on the informa children may lose meal/mill	format	ion on t give. Ιι	his appl ındersta	ication is nd that c	true and fficials m	that all ay verif	income y (chec	is repo k) the in	formatio	quired. n. I un	I unde derstan	rstand t d that if	that I wil	I receiv sely giv	e benefi e false i	ts from	Federal ion, my
Signature of Adult Comple	ting Fo	rm			Print	ed Nam	e of Ad	ult Com	pleting F	orm			i	Date Si	gned		
Address of Adult Completing	ng Fori	m			Town			ZIP Co	ode W	ork Pho	ne		Iome Pl	none		ell Pho	ne
Part 6. TO BE COMPL	TED E	BY CEI	NTER S	STAFF.													
Income conversion factors Household Income: \$	for ann		ome: w J Week		52; two Every 2		X 26; □ T	twice a	month 2 onthly		monthly onthly		Annually		ouseholo		
	□ Inco	me d Start I	DOCUM	Foster C ENTATION	child (free ON REQ	e) UIRED			SNAP eless/Mi hools on	_	unaway	/		Tier	P HP C 1 Area Iren)		er's own
		Meals mplete			ced Price income li			□ Free	Milk						1 Incom 1 Child	•	
	С	enter D	etermir	ning Offi	cial Sigr	nature			A 2 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				E	ffective	e Date		
The Richard B. Russell Nation needed information, we cannot member who signs the applicat Nutrition Assistance Program (S	approve	e your ch last fou Family Ir	ild for fre r digits of nvestmen	e or reduc the social t Program	ed price n security r	neals. Yo number is ood Dist	u must i not requiribution I	nclude th uired whe Program	e last fou en you ap on Indian	r digits o ply on be Reserva	f the soc ehalf of a ations (Fl	iai secui foster c DPIR) ca	rity numb shild or yo ase numb	er of the ou list a s oer or oth	Suppleme er FDPIF	ental R	

identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

### Self-Employment Income Worksheet: This worksheet will help you calculate the amount to report if you farm, are self employed, or have income from other sources.

Persons who are engaged in farming or who operate other types of private businesses may experience variations in cash flow or monthly income throughout the year. These persons may use their income tax records from the preceding calendar year as a basis for applying for meal benefits. The income to be reported is income derived from the business venture less operating costs incurred in the generation of that income. Deductions for <u>personal</u> expenses such as medical expenses and other non-business deductions are <u>not</u> allowed in reducing gross business income.

If you have additional income from other kinds of employment, this income must be treated as separate and apart from the income generated from your business venture. USDA **DOES NOT** recognize income the same way as IRS. USDA does not permit a loss from a business venture to off-set earnings from wages or salary. Though your business may have suffered a net operational loss, for purposes of this Application, it is not possible to have a negative income. The **least self-employed income possible is zero (no income)**. For example, if you operated a business at a net loss but held another job where you received wages, your income for purposes of applying for Tier 1 meals would be the income from your wages only. The loss from the business cannot be deducted from the amount of the income earned in the other job.

A prior year loss from farming or other private business operation cannot be used to reduce the current year net income for determining free and reduced-price eligibility. Wages paid to a spouse or other family or household member in the operation of a farm or private business must be shown as household income in Part 5 of this Application.

Income from private business operations is to be taken from your most recent U.S. Individual Income Tax Return – Form 1040 or 1040-SR including Schedule 1 (Additional Income and Adjustments to Income). Complete the identified lines from Form 1040 or Form 1040-SR and Schedule 1.

Capital gain or (loss): Form 1040 or 1040-SR, Line 7	\$
Business income or (loss): Schedule 1 Part 1, Line 3	\$
Other gains or (losses): Schedule 1 Part 1, Line 4	\$
Rental real estate, royalties, partnerships, S corporations, trusts, etc.: Schedule 1 Part 1, Line 5	
, , , , , , , , , , , , , , , , , , ,	\$ 
Farm income or (loss): Schedule 1 Part 1, Line 6	\$
*Total =	\$

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <a href="https://www.usda.gov/sites/default/files/documents/ad-3027.pdf">https://www.usda.gov/sites/default/files/documents/ad-3027.pdf</a>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

\*Do not mail applications to this address, only complaints of discrimination.

**lowa Non-Discrimination Statement:** "It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the lowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the lowa Civil Rights Commission, 6200 Park Ave., Suite 100, Des Moines, IA 50319-1004; phone number 515- 281-4121, 800-457-4416; website: <a href="https://icrc.iowa.gov/">https://icrc.iowa.gov/</a>."

<sup>\*</sup>The least income possible is zero (a negative number cannot be reported).

<sup>\*</sup>Enter amount in the "All other Income" column in Part 4 on the front of this Application.





Your child is enrolled in a center that participates in the Child and Adult Care Food Program (CACFP). By participating in this Program, the center follows federal meal pattern requirements and receives reimbursement to assist with food costs. The CACFP requires parents to provide specific enrollment information on an annual basis. This form will be placed in center files and treated as confidential information. Complete one form for all of your children who are enrolled at the center.

# lowa Child and Adult Care Food Program Child Care Enrollment Form

		Times of	Care		0	Requise Days of Care	Dave	2			4	o oleo	700	Moole Comed Diminal	3	ľ	P*41	÷
			200			Sala	Days	Cal			1	cais o	nev red	i na	Care		Ethnicity/Race"	у/касе"
Last Name, First Name	Birthdate	Arrival	Departure	Σ	-	≥	۲ ۲	щ	တ	ဟ	ω	AM Sn	Ľ	Sn	Ω	ш S	Ethnicity	Race
*Ethnicity (Select one and enter in the chart above): H=Hispanic or Latino or N=Not Hispanic or Latino *Race (Select one or more and enter in the chart above): W=White, B=Black or African American Indian or Alaska Native, A=Asian, and P=Native Hawaiian or Other Pacific Island information is requested by the Federal Government in order to monitor compliance with Civil Rights law. You are not required to furnish this information, but are encouraged to do so. The law requires that organizations may not discriminate on the basis of this information nor on whether you choose to furnish it.	bove): H=Hisp nart above): W rnment in orde ate on the bas	banic or Latino of talino of talino of talino of talino of this information coolis of this information.	or N=Not Hispanic or Latino ck or African American, I=An mpliance with Civil Rights Iar nation nor on whether you ch	Sanic or America Civil F	r Latinc an, I=A Rights Ia	merica aw. You	n India u are n o furnis	n or Ala ot requ	aska N ired to	ative, / furnish	\=Asiar this in	, and F ormati	>=Nativ on, but	e Haw are en	aiian o courag	r Othe	N=Not Hispanic or Latino or African American, I=American Indian or Alaska Native, A=Asian, and P=Native Hawaiian or Other Pacific Islander. This pliance with Civil Rights law. You are not required to furnish this information, but are encouraged to do so. The law iton nor on whether you choose to furnish it.	der. This
Infants only (0 to 12 months):	):	am not enroll our center offi ods served are Yes	ling an infal ers meals to appropriate No <i>If infan</i>	nt (ski childr e for th	p this en of ie age	sectic all age and d	on) s; you evelor	are n omenta	ot req al rea	uired t diness	o prov of you	ide inf r infar <b>able,</b>	ant for it. Mai	od or f rk (X)	ormula to indi	a. Infa cate y	ant feeding is rour choice(	s based on s) below:
☐ I would like to breastfeed on site, if this option is available¹. ☐ Yes ☐ No If yes, time(s)	e, if this op	tion is availa	able <sup>1</sup> .	Yes	Ó	9	f yes,	time(	s)									
U will provide formula for my infant. Name of formula (must be iron-fortified and manufactured in the USA):	ant. Name	of formula (r	must be iro	n-forti	ified a	ind m	anufa	cture	d in t	ne US	<u>8</u>							
<ul> <li>I accept the center's formula for my infant. Name of iron-fortified formula:</li> </ul>	r my infant.	Name of ire	on-fortified	form.	la:		9								ı			
I poposit the contest of the foods (constructed to the foods) to be a second to the second to t	request r		i ell libul sal			. Nan	le or	lormu	<u>.</u>									
<ul> <li>I accept the center's solid foods (appropriately textured) to be served to my infant as s/he is ready for them, and after I have discussed it with the caregiver.</li> <li>I will provide solid foods for my infant?. The center may supplement with additional solid foods when my infant needs them: Yes No</li> </ul>	s (appropriz infant². Th	ately texture ie center ma	<ul><li>d) to be served to my infant as s/he is ready for them, and after I have y supplement with additional solid foods when my infant needs them:</li></ul>	rved t ent wi	o my th add	intant ditiona	as s/	he is i d food	read) Is wh	for the	iem, a / infar	nd af it nee	ter I h ds th	ave c em:	liscus	tussed it v	t with the c	aregiver.
Parent Signature				Date: _			1											
Parent Signature				Date:			≥	lake a	any n	edec	(Make any needed changes above, sign and date)	ges a	pove	sign,	ando	date)		
Parent Signature				Date:			≥	lake a	iny n	edec	(Make any needed changes above, sign and date)	ges a	bove	sign	and c	late)		

<sup>&#</sup>x27;Ask your center if you can breastfeed on-site.

<sup>&</sup>lt;sup>2</sup>The parent may provide no more than one required meal component in order for the center to claim reimbursement for the meal. DHS licensed centers must follow CACFP infant meal pattern requirements regardless of who supplies the food. Your center can provide a copy of the CACFP infant meal pattern and a list of reimbursable foods upon request.

### How does CACFP work?

Day care homes and centers receive money for serving nutritions meals. The Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture (USDA) oversees CACFP.

States approve sponsors and centers to operate the program. States also monitor and provide training and guidance to make sure CACFP runs right.

Sponsoring organizations support day care homes and centers with training and monitoring. All day care homes participate in CACFP through a sponsor.



## **CACFP Partners**

Independent Center			o,	
	ring ation	yency	nal Office	Nutrition Ims
Sponsored Center	Sponsoring Organization	State Agency	FNS Regional Office	 FNS Child Nutrition Programs
Day Care Home			Ä	Ē

Contacts

## Building for The Future

### In the Child and

Adult Care
Food Proors

Food Program (CACFP)



FNS-319 October 2019 USDA is an equal opportunity provider, employer and lender.

## Building

# for the Future

in the CACFP

### What is CACFP?

CACFP is the Child and Adult Care Food Program. It is a Federal program that pays for healthy meals and snacks for children and adults in day care.

CACFP improves the quality of day care. It makes the cost of day care cheaper for many low-income families.

Besides providing meals in day care, CACFP makes afterschool programs more appealing to at-risk children and youth. Serving afterschool meals and snacks attracts students to learning activities that are safe and fun.

Children and youth who are homeless can also receive meals at shelters that participate in CACFP.

## State Agency Contact Information

lowa Department of Education Bureau of Nutrition and Health Services Grimes State Office Building 400 E. 14th St.

Des Moines, IA 50319



Department of Education

## Who is eligible for CACFP meals?

- Children under age 13,
- Migrant children under age 16,
- Children and youth under age 19 in afterschool programs in lowincome areas,
- Children and youth under age 19 who live in homeless shelters, and
- Adults who are impaired or over age 60 and enrolled in adult day care

## What kinds of meals are served?

CACFP meals follow USDA nutrition

- Breakfast consists of milk, fruits or vegetables, and grains.
- Lunch and Supper require milk, grains, meat or other proteins, fruits, and vegetables.
- Snacks include two different servings from the five components: milk, fruits, vegetables, grains, or meat or other proteins.

## Where are CACFP meals served?

Many types of facilities participate in CACFP.

### Child Care Centers:

Licensed child care centers and Head Start programs provide day care with meals and snacks to large numbers of children.

## Outside-School-Hours Care Centers:

Licensed centers offer before or afterschool care with meals and snacks to large numbers of school-aged children.

### -amily Day Care Homes:

Licensed providers offer family child care with free meals and snacks to small groups of children in private homes.

## "At-Risk" Afterschool Care Programs:

Centers in low-income areas provide learning activities with free meals and snacks to school-age children and

### Emergency Shelters:

Homeless, domestic violence, and runaway youth shelters provide places to live with free meals for children and youth

### Adult Day Care Centers:

Licensed centers provide day care with meals and snacks to enrolled adults.

## ALL CAREGIVERS

WIC offers support to anyone—working or not-who cares for a child, including:

- Moms
- Foster parents
- Dads
- Step-parents
- Grandparents
- Guardians

### WE'RE HERE FOR YOU.

we serve over half of all infants born in the U.S. To get WIC We're here for more families than you might think—in fact, assistance, participants:

- Should be pregnant, postpartum, breastfeeding or have infants or children under 5 years old
- May be in need of income assistance
- Can be receiving other benefits like foster care, medical assistance or SNAP

# FIND WIC NEAR YOU.

over 10,000 clinic sites, there's almost always a WIC WIC is here to serve families across the U.S. With office nearby. Call 1-800-532-1579 or go to https://hhs.iowa.gov/wic

or www.signupwic.com. Your local WIC office:



the nature and date of an alleged civil rights violation. The completed default/files/documents/USDA-OASCR%20P-Complaint-Form0508-0 detail to inform the Assistant Secretary for Civil Rights (ASCR) about complete a Form AD-3027, USDA Program Discrimination Complaint 002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient responsible state or local agency that administers the program or USDA's TARGET Center at [202] 720-2600 (voice and TTY) or contact Form which can be obtained online at: https://www.usda.gov/sites/ To file a program discrimination complaint, a Complainant should communication to obtain program information (e.g. Braille, large print, audiotape, American Sign Language), should contact the USDA through the Federal Relay Service at (800) 877-8339. AD-3027 form or letter must be submitted to USDA by:

Office of the Assistant Secretary for Civil Rights U.S. Department of Agriculture 1400 Independence Avenue, SW Washington, D.C. 20250-9410

Fax: (833) 256-1665 or (202) 690-7442; or

Email: program.intake@usda.gov

This institution is an equal opportunity provider.







WIC is the Nation's most successful and cost-effective public health nutrition program. We provide wholesome food, nutrition education, breastfeeding support and community referrals/assistance for income-eligible families with pregnant or postpartum women, infants and children up to 5 years old.



# FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We give parents the resources, knowledge and tools they need to be the parents they want to be.

### **HEALTHY FOOD**

We can help you buy milk, fruit, vegetables, eggs, cereal, juice, peanut butter, baby formula and other healthy foods.

### **NUTRITION EDUCATION**

We offer guidance on how to shop for healthy food, how to prepare it and how to entice children to eat it. We support and educate families to help them reach their breastfeeding goals. We also provide access to:

- Prenatal nutrition
- Breastfeeding tips
- Eating tips for your child
- Parenting tips
- Healthy recipes

## A COMMUNITY OF SUPPORT

We're a network built for families. We connect them, we educate them and we learn from them. Our staff consists of:

- Dietitians, Nurses, and Nutritionists
- Lactation specialists
- **Breastfeeding Peers Counselors**

### REFERRALS

We can introduce families to resources outside of WIC, including:

- Healthcare professionals such as pediatricians, OBGYNs and dentists
- Immunization services
- Other food resources
- Head Start/Early Head Start
- Hawki and Medicaid

### INCOME GUIDELINES

Monthly Income	\$2,322	\$3,152	\$3,981	\$4,810	\$5,640	697'9\$	\$7,299	\$8,128	+\$830
Annual Income	\$27,861	\$37,814	\$47,767	\$57,720	\$67,673	\$77,626	\$87,579	\$97,532	+\$9,983
Household Size	-	2	ж	4	5	9	_	∞	Each additional family member add:

