



The Special Supplemental Nutrition Program for Women, Infants and Children (WIC), funded by the United States Department of Agriculture (USDA), is a supplemental nutrition program focused on healthy eating for moms, babies and kids.

## FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We're here to support your family with:



Healthy Food



Breastfeeding Support



Nutrition Education



Referrals

## ALL CAREGIVERS ARE WELCOME.

*If you're pregnant, a caregiver, or a mom with child under 5, you can get support for you and your family.*

We offer support for:

- ✓ Moms
- ✓ Dads
- ✓ Pregnant Women
- ✓ Grandparents
- ✓ Step-parents
- ✓ Guardians
- ✓ Foster parents

Those that are part of foster care, medical assistance or SNAP are eligible. Caregivers with low to medium income are also eligible.

**WIC Income Eligibility Guidelines (Gross Income)  
Effective July 1, 2020 to June 30, 2021**

| Family Size  | 1 Person | 2 People | 3 People | 4 People | 5 People | 6 People |
|--------------|----------|----------|----------|----------|----------|----------|
| Annual       | \$23,606 | \$31,894 | \$40,182 | \$48,470 | \$56,758 | \$65,046 |
| Monthly      | \$1,968  | \$2,658  | \$3,349  | \$4,040  | \$4,730  | \$5,421  |
| Twice-weekly | \$984    | \$1,329  | \$1,675  | \$2,020  | \$2,365  | \$2,711  |
| Bi- Weekly   | \$908    | \$1,227  | \$1,546  | \$1,865  | \$2,183  | \$2,502  |
| Weekly       | \$454    | \$614    | \$773    | \$933    | \$1,092  | \$1,251  |

Contact your local WIC office for more details.



## YOU'RE BUSY. WE KNOW. 20 CEDA WIC LOCATIONS IN COOK COUNTY.

**ALBANY PARK**  
2754-58 W. Lawrence Ave.  
Chicago, IL 60625  
Phone: (773) 878-0578

**CHICAGO HEIGHTS**  
233 W. Joe Orr Rd.  
Chicago Heights, IL 60411  
Phone: (708) 754-2788

**HARVEY**  
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Harvey, IL 60426  
Phone: (708) 339-3614

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Phone: (708) 236-5024

**OAK PARK**  
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Phone: (708) 445-3314

**AUSTIN**  
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(2nd floor—PCC Bldg)  
Chicago, IL 60644  
Phone: (773) 413-1917

**DES PLAINES**  
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Des Plaines, IL 60016  
Phone: (847) 294-1802

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Phone: (630) 289-3800

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Phone: (224) 534-7433

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**WHEELING**  
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### CONTACT US!



(855)WIC-CEDA  
(855)942-2332

[www.cedaorg.net](http://www.cedaorg.net)

[wic@cedaorg.net](mailto:wic@cedaorg.net)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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(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; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



El programa especial de nutrición suplemental para Mujeres, Infantes, y Niños, fundado por el Departamento de Agricultura de los Estados Unidos (USDA), es un programa de nutrición suplemental enfocado en la alimentación saludable para madres, bebés y niños.

## COMIDA, EDUCACIÓN, APOYO. USTED PUEDE!

Estamos aquí para apoyar a su familia con:



Comida saludable



Apoyo a la Lactancia Materna



Educación nutricional



Referidos

## Todo Cuidador es Bienvenido

*Si esta Embarazada, cuidador/guardian o mamá de niño menor de 5 años, ofrecemos apoyo para usted y su familia.*

Ofrecemos apoyo para:

- ✓ Madres
- ✓ Padres
- ✓ Mujeres Embarazadas
- ✓ Abuelos
- ✓ Padrastrros
- ✓ Guardian
- ✓ Padre de Crianza

Los que forman parte del cuidado de crianza, asistencia médica o SNAP son elegible. Cuidadores con ingresos bajos o medios también son elegibles.

**Pauntas de Elegibilidad del Programa WIC Segun los Ingresos (Vigentes desde el 1 de julio de 2020 a 30 de junio de 2021)**

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Contacte su oficina local de WIC para más información.



## ESTA OCUPADO? LO SABEMOS, HAY 20 OFICINAS DE WIC EN EL CONDADO DE COOK.

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### LLAMENOS!



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De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

(1) correo: 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; o  
(3) correo electrónico: [program.intake@usda.gov](mailto:program.intake@usda.gov).

Esta institución es un proveedor que ofrece igualdad de oportunidades.



Specjalny program żywieniowy dla kobiet, niemowląt i dzieci (WIC), finansowany przez Departament Rolnictwa Stanów Zjednoczonych (USDA), jest dodatkowym programem żywieniowym ukierunkowanym na zdrowe odżywianie matek, niemowląt i dzieci.

## JEDZENIE. EDUKACJA. WSPARCIE. MASZ TO.

Jesteśmy tutaj, aby wspierać twoją rodzinę :



Zdrowe jedzenie



Pomoc w karmieniu piersią



Edukacja  
żywieniowa



Skierowania

## Wszyscy opiekunowie są zaproszeni.

Jeśli jesteś w ciąży, opiekunka lub mama z dzieckiem poniżej 5 lat, możesz uzyskać wsparcie dla siebie i swojej rodziny.

OFERUJEMY WSPARCIE DLA:

- ✓ Mamy
- ✓ Taty
- ✓ Kobiety w ciąży
- ✓ Dziadkowie
- ✓ Przybrani rodzice
- ✓ Opiekun
- ✓ Rodzice zastępczy

Kwalifikują się te, które są częścią opieki zastępczej, pomocy medycznej lub SNAP. Kwalifikują się również opiekunowie o niskich lub średnich dochodach.

### Wazne (01 lipca 2020 do 30 czerwca 2021) WIC Kryteria (Przed Podatkami)

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| Weekly       | \$454    | \$614    | \$773    | \$933    | \$1,092  | \$1,251  |

Aby uzyskać więcej informacji, skontaktuj się z lokalnym biurem WIC.



## JESTEŚ ZAJĘTY. WIEMY. 20 LOKALIZACJE WIC CEDA W COOK COUNTY.

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### SKONTAKTUJ SIĘ Z NAMI!

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(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



## نركز على الغذاء / التعليم / الدعم

نحن هنا ندعم اللاسرة بالآتى :



الطعام الصحى



الرضاعة الطبيعية



تفاقتنا تقيادغلا



واحالة لبرامج  
المساعدات المختلفة

نرحب بكل مقدمون الرعاية  
فادا كنت حامل او مقدمة رعاية اوام لطفل اقل من خمس سنوات فنحن نقدم الدعم لك وللأسرة  
نقدم الدعم الى الآتى

- ✓ الاب
- ✓ الحوامل
- ✓ زوج الام او زوجة الاب
- ✓ الام
- ✓ الاجداد
- ✓ المتبنين الاطفال

وكل متبنين الاطفال او ذوى الدخل المتوسط الى المنخفض او الحاصل على العلاج الطبى (مبيدكاد) او كارت المساعدات التغذيةى التعويضية (السناب) SNAP

أرشادات الدخل الاجمالى الفعال للأسرة من تاريخ ٢٠٢٠/٧/١ - ٢٠٢١/٦/٣٠

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اتصل على مكتب الويك التابع لك للحصول على المزيد من التفاصيل.



نحن نعلم انك مشغول فالدنيا عشرون مكتب الويك في مناطق مختلفة لكووك كونتى  
(Cook County)

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यूनाइटेड स्टेट्स डिपार्टमेंट ऑफ एग्रीकल्चर (यूएसडीए) द्वारा वित्त पोषित महिलाओं, शिशुओं और बच्चों (डब्ल्यूआईसी) के लिए विशेष पूरक पोषण कार्यक्रम, माताओं, शिशुओं और बच्चों के लिए स्वस्थ भोजन पर केंद्रित एक पूरक पोषण कार्यक्रम है।

## खाना। शिक्षा। समर्थन। आपको यह मिला

हम यहां आपके परिवार के साथ समर्थन करने के लिए हैं



स्वस्थ आहार



स्तनपान सहायता



पोषण शिक्षा



रेफरल

## सभी वाहक आपका स्वागत है

यदि आप गर्भवती हैं, तो एक देखभालकर्ता, या 5 वर्ष से कम उम्र के बच्चे के साथ एक माँ, आपको और आपके परिवार के लिए समर्थन मिल सकता है।

हम इसके लिए समर्थन प्रदान करते हैं:

- ✓ माताओं
- ✓ पिता
- ✓ गर्भवती महिला
- ✓ दादा दादी

- ✓ सौतेले माता या पिता
- ✓ रखवालों
- ✓ पालक माता - पिता

जो पालक देखभाल, चिकित्सा सहायता या एसएनएपी का हिस्सा हैं वे पात्र हैं निम्न से मध्यम आय वाले देखभालकर्ता भी पात्र हैं।

### WIC Income Eligibility Guidelines (Gross Income) Effective July 1, 2020 to June 30, 2021

| Family Size  | 1 Person | 2 People | 3 People | 4 People | 5 People | 6 People |
|--------------|----------|----------|----------|----------|----------|----------|
| Annual       | \$23,606 | \$31,894 | \$40,182 | \$48,470 | \$56,758 | \$65,046 |
| Monthly      | \$1,968  | \$2,658  | \$3,349  | \$4,040  | \$4,730  | \$5,421  |
| Twice-weekly | \$984    | \$1,329  | \$1,675  | \$2,020  | \$2,365  | \$2,711  |
| Bi- Weekly   | \$908    | \$1,227  | \$1,546  | \$1,865  | \$2,183  | \$2,502  |
| Weekly       | \$454    | \$614    | \$773    | \$933    | \$1,092  | \$1,251  |

अधिक जानकारी के लिए अपने स्थानीय WIC कार्यालय से संपर्क करें



## YOU'RE BUSY. WE KNOW. 20 CEDA WIC LOCATIONS IN COOK COUNTY.

### ALBANY PARK

2754-58 W. Lawrence Ave.  
Chicago, IL 60625  
Phone: (773) 878-0578

### CHICAGO HEIGHTS

233 W. Joe Orr Rd.  
Chicago Heights, IL 60411  
Phone: (708) 754-2788

### HARVEY

53 E. 154th St.  
Harvey, IL 60426  
Phone: (708) 339-3614

### MAYWOOD

411 W. Madison St.  
Maywood, IL 60153  
Phone: (708) 236-5024

### OAK PARK

6026 W. Roosevelt Rd.  
Oak Park, IL 60304  
Phone: (708) 445-3314

### AUSTIN

5425 W. Lake St.  
(2nd floor—PCC Bldg)  
Chicago, IL 60644  
Phone: (773) 413-1917

### DES PLAINES

400 O'Connor Dr.  
Des Plaines, IL 60016  
Phone: (847) 294-1802

### HANOVER PARK

1515 E. Lake Street  
Hanover Park, IL 60133  
Phone: (630) 289-3800

### MORTON GROVE

6421 Dempster St.  
Morton Grove, IL 60053  
Phone: (224) 534-7433

### ROLLING MEADOWS

Eastpark Apartments Office  
Building, 1st Floor  
2272 Algonquin Pkwy.  
Rolling Meadows, IL 60008  
Phone: (847) 670-6980

### BLOOM-RICH

1203 W. End Ave.  
Chicago Heights, IL 60411  
Phone: (708) 754-4576

### DIVERSEY

4622 W. Diversey Ave.  
Chicago, IL 60639  
Phone: (773) 545-7159

### HOWARD

1516 W. Howard St.  
Chicago, IL 60626  
Phone: (773) 338-7334

### MT. PROSPECT

1300 W. Northwest Hwy.  
Mt. Prospect, IL 60056  
Phone: (224) 324-3848

### SUMMIT

5818 S. Archer Rd  
Summit, IL 60501  
Phone: (708) 458-0012

### BLUE ISLAND

12940 S. Western Ave.  
(entrance off High Street)  
Blue Island, IL 60406  
Phone: (708) 371-5728

### IRVING PARK

3948 N. Lowell Ave.  
Chicago, IL 60641  
Phone: (773) 685-1507

### OAK LAWN

5535 W. 87th St.  
Oak Lawn, IL 60453  
Phone: (708) 423-1131

### WHEELING

300 McHenry Rd.  
Wheeling, IL 60090  
Phone: (847) 243-9270

## CONTACT US!



(855)WIC-CEDA

(855)942-2332

[www.cedaorg.net](http://www.cedaorg.net)

[wic@cedaorg.net](mailto:wic@cedaorg.net)

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(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; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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