

## What is WIC?

- WIC is a supplemental nutrition program that helps mothers and young children eat well and stay healthy.

## Who is WIC for?

- Women who are pregnant, breastfeeding or whose pregnancy recently ended
- Infants and children under 5 years old

## What can you get from WIC?

- Breastfeeding education and support
- Nutrition and health education to help you and your children eat well and be healthy
- Personalized nutrition counseling
- Referrals to other health programs for you and your family
- Checks to buy nutritious foods to keep you and your children healthy

## What do I need to bring or do for a WIC appointment?

- During some visits, the WIC staff will check to see if your family is still eligible. This is called a certification. You will need to bring proof of **identification, income** and **address**.
- Provide information to the WIC staff about problems at the grocery store or with your checks.
- Ask the WIC staff if you have questions about your checks. Bring unused checks to the WIC office.

## How can I make a WIC appointment?

- Call your local WIC provider or **1-800-TEL-LINK**.

## What happens at a WIC appointment?

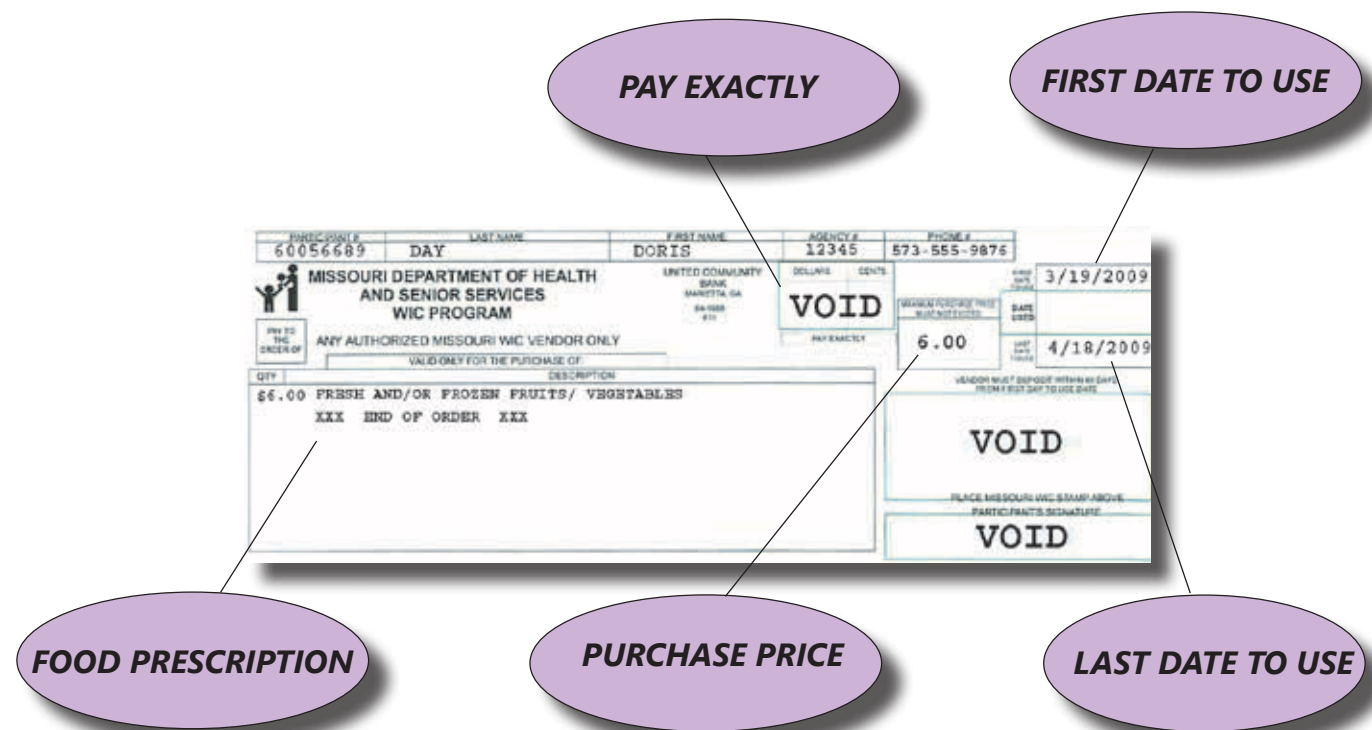
- You will visit with a health professional. He or she will give you suggestions and ideas about healthy eating for you and your children.
- You may join other WIC participants for a nutrition or breastfeeding class.

## What do I need to do to qualify for WIC?

- You must meet the WIC income guidelines and have a nutritional risk.

## How long can I stay on WIC?

- You or your child can stay on WIC as long as you meet the income guidelines, and you or your child have a nutritional risk.
- If you are pregnant, you can stay on WIC during your entire pregnancy.
- Depending upon how much you breastfeed your baby, you may be able to stay on WIC until your baby is 12 months old.
- If you are **not** breastfeeding, you can stay on WIC for six months.
- Your child can stay on WIC until his or her nutrition problem has improved, or until your child's fifth birthday, whichever comes first.



## How do I use a WIC check?

- Before you go shopping tear off the checks you will be using.
- Check the dates on your checks. If you get more than one month of checks, be sure to use the right set of checks.
- Make sure you use your checks on or after the **FIRST DATE TO USE**.
- Make sure you use your checks on or before the **LAST DATE TO USE**.
- Use your WIC Approved Food List to purchase brands and flavors of foods listed on your check.
- Be sure to choose only the foods that are on your check.
- Separate WIC foods from other foods you are buying. Place them on the checkout counter in this order:
  1. Fresh fruits and vegetables
  2. Frozen fruits and vegetables
  3. All other WIC foods
- Tell the cashier that you are using a WIC check.
- Show the cashier your WIC ID Folder.
- Sign your checks after the cashier enters the purchase price.
- Never sign a WIC check before the "Pay Exactly" amount and date has been filled in by the cashier.
- The cashier will match your signature with one on your WIC ID Folder.

Welcome  
to Missouri  
WIC

the nutrition  
program that  
helps mothers and  
young children  
eat well and  
stay healthy

# Sample Food Packages

## Welcome to WIC!

You are doing the best you can to help you and your children eat well and stay healthy. WIC staff are here to help you and answer any questions that you may have.

## What should I do to help the WIC program work for me?

- Keep your WIC appointments. If you can't keep an appointment, call your WIC office right away. The WIC staff works hard to see you at your appointment time, so please try to be on time.
- Be sure to bring all the information that the WIC staff requests to your appointment.
- Be sure to take your WIC ID folder to your WIC appointment.
- Be sure to take your WIC ID folder, WIC Approved Food List and Fruit and Vegetable Shopping Guide with you to the store.
- Buy the WIC approved foods in the amounts printed on your check. WIC foods are for the WIC participant only. They cannot be returned to the store, given away or sold to someone else.
- Tell the WIC staff about any changes to your name, address or phone number.
- If you are moving to a new location, notify your WIC office.



Fully Breastfed Infants 6-11 months



Non-Breastfed and Partially Breastfed Infants 6-11 months



Children 12 - 23 months



Children 24 - 59 months



Pregnant Women and Partially Breastfeeding Women



Non-Breastfeeding Women



Fully Breastfeeding Women

## Nutrients in WIC Foods

Nutrient	WIC Food Source	What it does
<b>Iron</b>	Cereals, Beans, Peas, Lentils, Eggs, Bread, Whole wheat tortillas, Canned fish, Infant food meats	Helps make healthy red blood cells
<b>Calcium</b>	Milk, Cheese, Tofu, Soymilk, Cereal, Dried beans, Vegetables (e.g. Spinach, Kale, Broccoli), Canned fish	Helps build strong teeth and bones; helps muscles work
<b>Vitamin A</b>	Orange-colored fruits and vegetables, Cheese, Milk, Eggs, Infant food fruits (peaches), Green vegetables, Infant food vegetables (Carrots, Squash, Sweet potatoes)	Helps keep eyes, skin and bones healthy
<b>Vitamin C</b>	Citrus fruits, Juices, and Infant food fruits (Applesauce, Apricots, Peaches, Pears, and Bananas)	Helps develop healthy gums, tissue, bones and teeth; helps the body absorb iron to make healthy red blood cells and fight infection
<b>Vitamin D</b>	Milk, Eggs, Canned fish	Helps develop and maintain strong bones and teeth
<b>Folate</b>	Orange juice, Eggs, Cereals, Bread, Whole wheat tortillas, Beans, Peas, Lentils, Dark green vegetables, Vegetable juice	Helps make healthy red blood cells and may reduce the risk of some birth defects
<b>Protein</b>	Milk, Cheese, Eggs, Beans, Lentils, Peanut butter, Tofu, Soymilk, Canned fish	Helps growth, upkeep and repair of body cells
<b>Zinc</b>	Beans, Peas, Lentils, Eggs, Milk, Cheese, Infant food meats	Helps cell growth and repair
<b>Vitamin B6</b>	Eggs, Canned fish, Cereals, Infant food meats	Helps the body fight infection and use the protein you eat
<b>Fiber</b>	Fruits, Vegetables, Bread, Tortillas (whole wheat and soft corn), Brown rice, Beans, Peas, Lentils	Helps maintain a healthy colon

An equal opportunity/affirmative action employer. Services are provided on a nondiscriminatory basis. Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6204. Hearing and speech impaired citizens telephone 1-800-735-2966. Voice 1-800-735-2466 #1204 (12-09)

