Welcome to Missouri WIC

WIC staff are here to help you and answer any questions that you may have so you can eat healthy and stay well.

What is WIC?
- WIC is a special supplemental nutrition program for women, infants and children. It 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?
- Nutrition and health education
- Breastfeeding education and support
- Personalized nutrition counseling
- Referrals to other health programs for you and your family
- Checks to buy nutritious foods

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.
- Bring the required documents (proof of residency, income and identity) to your appointment.
- Be sure to take your WIC ID folder and WIC Approved Food List to the store.
- Buy the WIC approved foods in the amounts printed on your check. WIC foods are for the WIC participant only. WIC food cannot be returned to the store, given away or sold to anyone else.
- Tell the WIC staff about any changes to your name, address or phone number.
- Be sure to take your WIC ID folder to your WIC office.

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 1 year old.
- If you are not breastfeeding, you can stay on WIC for 6 months.
- Your child can stay on WIC until his or her nutrition risk has improved, or until your child’s fifth birthday, whichever comes first.
- Breastfeeding education and support
- Personalized nutrition counseling
- Referrals to other health programs for you and your family

How to Use Fruit and Vegetable Checks

1. Fresh fruits and vegetables
2. Frozen fruits and vegetables
3. All other WIC foods

How do I use a WIC check?
- Before you go shopping tear off the checks you will be using.
- Check the dates on your check. 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.
- 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 WIC check.

How to Use Fruit and Vegetable Checks

<table>
<thead>
<tr>
<th>Item</th>
<th>First Date to Use</th>
<th>Last Date to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>August 1st</td>
<td>September 30th</td>
</tr>
</tbody>
</table>

The WIC program can help with:
- Nutrition and health education
- Breastfeeding education and support
- Personalized nutrition counseling
- Referrals to other health programs for you and your family

Checks
- You must meet the WIC income guidelines and 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 1 year old.
- If you are not breastfeeding, you can stay on WIC for 6 months.
- Your child can stay on WIC until his or her nutrition risk has improved, or until your child’s fifth birthday, whichever comes first.

WIC Supports Breastfeeding!
- What if I fully breastfeed?
  - When you choose to FULLY breastfeed, you get food for one year.
  - You get more milk, cheese and eggs than fully breastfeeding women and does not include fish.
  - At six months, your baby will get less baby food than fully breastfeeding infants and no infant meats.
- What if I choose to mostly breastfeed?
  - When you choose to MOSTLY breastfeed, you will get food for one year.
  - Your food package has less milk, cheese and eggs than fully breastfeeding women and does not include fish.
  - At six months, your baby will get less baby food than fully breastfeeding infants and no infant meats.

For more information about food packages, talk with your local WIC staff.
Missouri WIC Sample Food Packages

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>WIC Food Source</th>
<th>What it does</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron</td>
<td>Cereals, Beans, Peas, Lentils, Eggs, Bread, Whole wheat, Tomatoes, Canned Fish, Infant food meats</td>
<td>Helps to make healthy red blood cells</td>
</tr>
<tr>
<td>Calcium</td>
<td>Milk, Cheese, Tofu, Soy milk, Cereal, Dried Beans, Vegetables (e.g. Spinach, Kale, Broccoli), Canned Fish</td>
<td>Helps build strong teeth and bones; helps muscles work</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Orange-colored fruits and vegetables, Cheese, Milk, Eggs, Infant food foods (peaches), Green vegetables, Infant food vegetables (carrots, Squash, Sweet potatoes)</td>
<td>Helps keep eyes, skin and bones healthy</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Citrus fruits, Juices, and Infant food fruits (Apple juice, Apricots, Peaches, Pears and Bananas)</td>
<td>Helps develop healthy gums, tissue, bones and teeth; helps the body absorb iron to make healthy red blood cells and fight infection</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Milk, Eggs, Canned fish</td>
<td>Helps develop and maintain strong bones and teeth</td>
</tr>
<tr>
<td>Folate</td>
<td>Orange juice, Eggs, Cereals, Bread, Whole wheat, Tomatoes, Beans, Peas, Lentils, Dark green vegetables, Vegetable juice</td>
<td>Helps make healthy red blood cells and may reduce the risk of some birth defects</td>
</tr>
<tr>
<td>Protein</td>
<td>Milk, Cheese, Eggs, Beans, Lentils, Peanut Butter, Tofu, Soy milk, Canned fish</td>
<td>Helps to make healthy red blood cells and may help the body absorb iron to make healthy red blood cells and fight infection</td>
</tr>
<tr>
<td>Zinc</td>
<td>Beans, Peas, Lentils, Eggs, Milk, Cheese, Infant food meats</td>
<td>Helps develop and maintain strong bones and teeth</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>Milk, Cheese, Eggs, Beans, Cereal, Dried Beans, Vegetables</td>
<td>Helps develop healthy gums, tissue, bones and teeth; helps the body absorb iron to make healthy red blood cells and fight infection</td>
</tr>
<tr>
<td>Fiber</td>
<td>Vegetables, Bread, Tomatoes (whole wheat and soft corn), Brown rice, Beans, Peas, Lentils</td>
<td>Helps increase the body’s ability to absorb iron and fight infection</td>
</tr>
</tbody>
</table>

These pictures are to show the differences in food packages for women, infants and children. All food is to be stored appropriately in homes.

Welcome to Missouri WIC
Eat Healthy, Stay Well.

Missouri WIC provides services to pregnant and postpartum women, as well as infants and children under 5 years of age.