

Welcome Missouri to 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?

- Breastfeeding education and support
- Nutrition and health education
- Personalized nutrition counseling
- Referrals to other health programs for you and your family
- Checks to buy nutritious foods

How can I make a WIC appointment?

- Call your local WIC provider or call **TEL-LINK** at 800-TEL-LINK (800-835-5465).

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.

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?

- 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 1 year 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 risk has improved, or until your child's fifth birthday, whichever comes first.

 Raising a healthy family is hard work. The WIC program can help.

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.
- Bring the required documents (proof of residency, income and identity) to your appointment.
- Be sure to take your WIC ID folder to your WIC appointments.
- 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 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.



WIC APPROVED FOOD ITEMS YOU CAN PURCHASE		FIRST DATE TO USE		44915726	
MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES WIC PROGRAM		5/1/2015		LAST DATE TO USE	
ANY AUTHORIZED MISSOURI WIC VENDOR ONLY		35.87		MAXIMUM VALUE OF CHECK	
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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**.
- 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 WIC check.
- Separate WIC foods from other foods you are buying. Place them on the checkout counter in this order:
 - Fresh fruits and vegetables
 - Frozen fruits and vegetables
 - 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.

How to Use Fruit and Vegetable Checks

The fruit and vegetable check has a maximum dollar amount printed on it. If you have fruits and vegetables that exceed the dollar amount on the check, you can...

- Pay the difference using cash, check, credit/debit card or SNAP EBT card.
- Pay the difference by using multiple fruit and vegetable checks together.
- Tax will be applied to the difference if you pay with cash, check or credit /debit card.

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, with the addition of fish.
- At six months, your baby will get more baby food.

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.

What if I am not breastfeeding or breastfeed some?

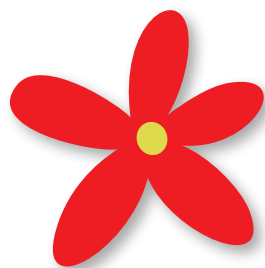
- When you choose **NOT** to breastfeed or breastfeed some, you only get food for six months.
- Your food package has less milk, cheese, eggs, juice, peanut butter/beans than fully breastfeeding women and does not include canned fish and whole grains.

 For more information about food packages, talk with your local WIC staff.



Missouri WIC Sample Food Packages

BREASTFEED!



Mom & Baby Get More Food

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

Nutrients in WIC Food

Nutrient	WIC Food Source	What it does
Iron	Cereals, Beans, Peas, Lentils, Eggs, Bread, Whole wheat Tortillas, Canned fish, Infant food meats	Helps to make healthy red blood cells
Calcium	Milk, Cheese, Tofu, Soy milk, Cereal, Dried Beans, Vegetables (e.g. Spinach, Kale, Broccoli), Canned Fish	Helps build strong teeth and bones; helps muscles work
Vitamin A	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
Vitamin C	Citrus fruits, Juices, and Infant food fruits (Applesauce, Apricots, Peaches, Pears and Banana)	Helps develop healthy gums, tissue, bones and teeth; helps the body absorb iron to make healthy red blood cells and fight infection
Vitamin D	Milk, Eggs, Canned fish	Helps develop and maintain strong bones and teeth
Folate	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
Protein	Milk, Cheese, Eggs, Beans, Lentils, Peanut Butter, Tofu, Soy milk, Canned fish	Helps growth, upkeep and repair of body cells
Zinc	Beans, Peas, Lentils, Eggs, Milk, Cheese, Infant food meats	Helps cell growth and repair
Vitamin B6	Eggs, Canned fish, Cereals, Infant food meats	Helps the body fight infection and use the protein you eat
Fiber	Fruits, Vegetables, Bread, Tortillas (whole wheat and soft corn), Brown rice, Beans, Peas, Lentils	Helps maintain a healthy colon

wic.mo.gov

Missouri Department of Health and Senior Services • WIC and Nutrition Services • 573-751-6204

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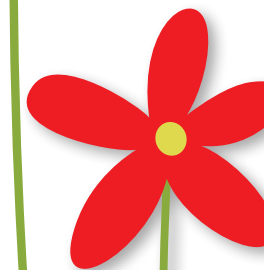
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Welcome to Missouri WIC

Eat Healthy. Stay Well.

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



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