

Procedures for WIC Shoppers:

Before you shop

- ▶ Print your name and the names of all household participants, and the names of alternates authorized to shop for you, on the ID page.
- ▶ Make sure the names of all WIC shoppers for your household are on the booklet, and that they have signed the booklet.
- ▶ Look at the first and last dates to use that are printed on your check(s). Make sure you shop with the correct month's checks.
- ▶ Bring the Food List / ID booklet with you to the store. The store is not allowed to accept WIC checks from a shopper who does not have the ID Folder.

At the store

- ▶ Select the right amount and package sizes of the WIC foods listed on your checks. You cannot go over the amount or ounces listed.
- ▶ If you are buying infant formula, you must purchase the full amount listed on the check.
- ▶ It is your responsibility to purchase only the items listed in the Food List.

Checking out

- ▶ Always treat store employees courteously.
- ▶ Before beginning each transaction, group WIC food items by check.
- ▶ Tell the cashier that you are using WIC checks, and give them your Food List / ID Folder.
- ▶ Make sure that the date is entered on the check and that the cashier writes in the purchase total **before** you sign the check.
- ▶ Verify that the purchase amount written on the check is correct. Take your cash register receipt.
- ▶ The cashier must verify your signature on the check against your ID Folder.
- ▶ If you have a problem at the store, talk with the store manager or contact your clinic.

Encouraging breastfeeding

Your breastmilk is all your newborn needs!

Did you know?

- ▶ Babies have tiny tummies. Moms make just the right amount of milk for their new baby. Feeding only your milk tells your body to make more milk for your growing baby.
- ▶ Breastmilk is normal for babies, moms, families and the environment.

Did you know?

There are increased risks by not breastfeeding.

Babies

- ▶ Artificially fed babies are ill more often and more seriously
- ▶ Artificial milks are harder to digest
- ▶ Babies fed artificial milks are at increased risk of SIDS, ear infections, RSV, diarrhea, and have increased rates of diseases such as diabetes, asthma, heart disease, and cancer

Moms

Feeding your baby artificial milk:

- ▶ May not promote weight loss after pregnancy
- ▶ Increases risk for chronic disease including osteoporosis and cancer
- ▶ Not as convenient, safe, clean or at the right temperature as breastmilk

Families

- ▶ Artificially fed babies are ill more often so moms and dads miss more work, spend more time and money on health care costs
- ▶ Artificially feeding babies costs the environment by artificial milk production pollution, build up of bottles, cans, artificial nipples in the landfill, and transportation costs of artificial milk

What WIC participants say about breastfeeding...

“Healthier for my baby, no preparing milk and breastmilk is free!”, “It was a way to be closer to my daughter when I went back to work.”, “What you taught me must have worked because it’s going great!”

- ▶ New parents have questions! WIC is here to answer those questions. WIC can also share information about expressing your milk to feed your baby. Learn more about breastfeeding: Call WIC at (907) 465-3100

Referrals

Ask your WIC staff about services in your area. The Alaska Department of Health and Social Services has a web page with information about the Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps), Alaska Temporary Assistance Program (ATAP), Immunizations, Child Support Enforcement (CSE) and Medicaid/DKC at: <http://hss.state.ak.us/>. Early Periodic Screening, Diagnosis and Treatment (EPSDT) information can be found at: http://hss.state.ak.us/dhcs/EPSDT_hcs.htm



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Healthy Families

- ▶ Are active every day
- ▶ Eat a variety of colorful fruits and vegetables
- ▶ Cook together, eat together, and make mealtime a family time
- ▶ Use low fat milk with meals and snacks
- ▶ Drink water in place of sweet drinks
- ▶ Make half of their grains whole
- ▶ Try new foods

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WHOLE GRAINS

Any combination of approved bread, rolls, brown rice, pasta and/or tortillas up to the amount of whole grains listed on the check. Only products that are listed on this Food List are allowed.



Whole Grain Bread

Must be listed here. May be purchased with tortillas and/or brown rice to add up to total amount on check.

Approved **12-16 oz. (1 lb.)** Whole Wheat Breads

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Earl of Sandwich
100% Whole Wheat Bread
16 oz.



Grain Basket
14 Grain Harvest Bread
16 oz.



Kroger
100% Whole Wheat Bread
16 oz.



Rubschlager
European Style Whole Grain
16 oz.



Rubschlager
100% Whole Wheat
16 oz.



Roman Meal
100% Whole Wheat
16 oz.



Franz
100% Whole Wheat
16 oz.



Sara Lee Classic
100% Whole Wheat
16 oz.



Sara Lee Soft & Smooth
100% Whole Wheat
16 oz.



Safeway
100% Whole Wheat Bread
16 oz.

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Fred Meyer
100% Whole Wheat Bread
16 oz.



Orowheat
Multi-Grain Sandwich Thins
12 oz.



Safeway
Whole Wheat Dinner Rolls
12 oz.



Sara Lee
Whole Wheat Hamburger Buns
12 oz.



Fred Meyer
100% Whole Wheat
Hot Dog Buns 14 oz.

More on next page.



Fred Meyer
100% Whole Wheat
Hamburger Buns
14 oz.



Fred Meyer
100% Whole Wheat
Hoagie Buns
14.5 oz.

Approved 17-32 oz. Whole Wheat Breads



Safeway
100% Whole Wheat
22 oz.



Great Value
100% WW
24 oz.



Orowheat
100% Whole Wheat
24 oz.



Kroger Country Oven
Sandwich Bread
100% Whole Wheat
24 oz.



Franz
100% Whole Wheat
24 oz.



Cascade Pride
100% Stone Ground
Wheat Bread
24 oz.



Sara Lee
100% Whole Wheat
with Honey
24 oz.



Alaska Golden Pride
100% Whole Wheat
24 oz.



Franz Oregon Trail
100% WW
26 oz.



Country Oven
100% WW Bread
24 oz.



Fred Meyer
100% Tender Twist
24 oz.



Country Oven
100% WW Hamburger Buns
24 oz.



Orowheat
Whole Wheat Hamburger Buns
21 oz.

Approved Tortillas up to 16 oz.

Corn Tortillas: Must be listed here. White or Yellow Corn, soft only; 100% whole grain; up to 16 oz. package. May be purchased with brown rice, pasta and/or whole grain bread to add up to total amount on check.

Approved corn tortillas



Reser's
Corn Tortilla



Don Pancho
White Corn Tortilla



La Burrita
Corn Tortilla



Don Pancho
Corn Tortilla



La Banderita
Corn Tortilla



Carlita
Corn Tortilla



Guerrero
Corn Tortilla



Mission
Corn Tortilla



Taco Loco
Corn Tortilla

Whole Wheat Tortillas: Up to 16 oz. package. Must say "Whole Wheat" or "100% Whole Wheat" on label. May be purchased with brown rice, pasta and/or whole grain bread to add up to total amount on check.

Approved whole wheat tortillas:



Guerrero
Whole Wheat Tortilla



Carlita
Whole Wheat Tortilla



Ortega
Whole Wheat Tortilla



Mission
Whole Wheat Tortilla
16 oz.



Ortega
Whole Wheat Tortilla
16 oz.

Approved 16 oz. Brown Rice

Any brand of plain brown rice in box or bag. No fats, oils, sodium, or sugars.

Allowed

- ▶ Instant, quick or regular cooking, long or short grain, or organic.

Not Allowed

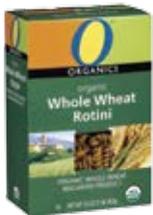
- ▶ Bulk brown rice.



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Whole Wheat Pasta: Must be 100% whole wheat spaghetti, rotini, penne, orzo, other shapes, 16 oz. size only

Approved 16 oz. whole wheat pasta:



O Organics



Westbrae Natural



Bella Terra



DELALLO



Simple Truth Organic



Hodgson Mill



Racconto

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FRUITS & VEGETABLES



Shopping with your Fruit & Vegetable Vouchers (FVVs)

Use your Fruit & Vegetable Vouchers (FVVs) to buy fresh, frozen, or canned fruits and vegetables. You may spend up to the dollar amount printed on the FVV (\$8, \$10, or \$15) for these foods.

Remember that between June 1 and October 31 you can use your FVVs at Farmers' Markets and Farmstands that display a WIC Accepted here poster! Ask your clinic for more information.

Fresh Fruits & Vegetables

Allowed

- ▶ Any eligible brand/variety and container size or type
- ▶ Bagged salads and vegetables
- ▶ Any variety of potatoes
- ▶ Fruits/vegetables pre-cut/cleaned and packaged in the store for individual use
- ▶ Fruit or vegetable mixtures, whole or cut
- ▶ Organic



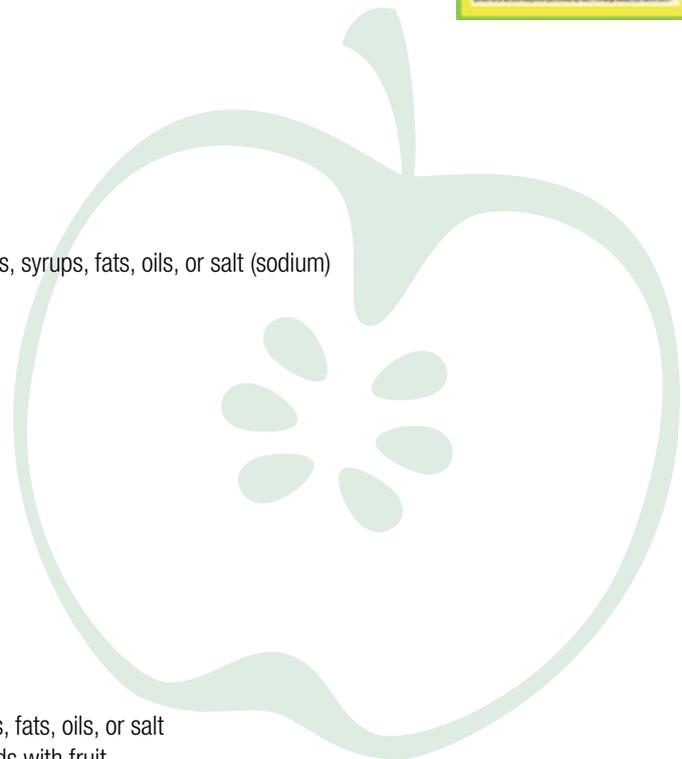
Canned or Frozen Fruits and Vegetables

Allowed

- ▶ Any variety of canned/shelf-stable container, or frozen, with no added sugars, syrups, fats, oils, or salt (sodium)
- ▶ Any variety of potatoes
- ▶ Beans such as green or wax beans (canned or frozen)
- ▶ Beans such as black or pinto, or black-eyed peas (frozen only)
- ▶ May be regular or lower sodium
- ▶ Fruit or vegetable mixtures allowed
- ▶ Spaghetti sauce or salsa allowed if no added meat, sugar, fats, or oils
- ▶ Unsweetened or no sugar added applesauce

Not Allowed Fresh, Frozen, or Canned

- ▶ Edible blossoms or flowers
- ▶ Separate herbs/spices
- ▶ Dried fruits or vegetables, fruit-nut mixtures, fruit leathers or roll-ups
- ▶ Vegetable pasta or rice mixtures
- ▶ Hash browns, French fries, tater tots, or potatoes O'Brien with added sugars, fats, oils, or salt
- ▶ Ornamental or non-edible vegetables and fruits, fruit baskets, or baked goods with fruit
- ▶ Frozen or canned with added sugars, fats, oils, syrups, salt, cream or sauces
- ▶ Ketchup or other condiments, pickled vegetables, or olives
- ▶ Soup or pizza sauce
- ▶ Canned legumes (pinto, butter, black, Great Northern, etc.)

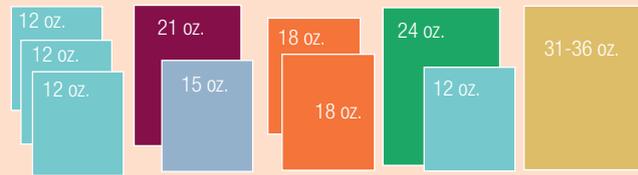


CEREALS

Any combination of approved hot and/or cold cereals up to 36 oz. total.

Ways to Buy 36 oz. of Cereal

(or as close as possible without going over)



Hot Cereal

Only cereals on this list allowed. Minimum pkg. size 11.8 oz. for hot cereal. All oatmeal must be in individual packets.

- ▶ **Quaker Oats:** Oatmeal
- ▶ **Malt O' Meal:** Original
- ▶ **Cream of Wheat:** Whole Grain, Original 2 1/2 Minute, Original 1 Minute, Original 10 Minute, Instant
- ▶ **Better Oats flavored oatmeal:** Apples & Cinnamon, Maple & Brown Sugar
- ▶ **Ralston or Western Family:** Regular or Instant Oatmeal
- ▶ **Cream of Rice** Gluten free

Instant Grits and Instant Cream of Wheat in individual packets are allowed. No other single serving boxes or packets.

Other approved hot cereals.



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Cold Cereal

Approved Brands of Corn Flakes, Crispy Rice, Bran Flakes, Oats, & Frosted Shredded Wheat. Minimum pkg size 12 oz.

- ▶ **Essential Everyday:** Corn Flakes, Crispy Rice, Bran Flakes, Oat Squares, Honey Oats and More Almonds, Toasted Oats, Frosted Shredded Wheat
- ▶ **Kroger/Fred Meyer:** Corn Flakes, Crispy Rice, Honey Oats and More Almonds, Toasted Oats, Frosted Shredded Wheat
- ▶ **IGA:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat, Toasted Oats, Bite Sized Frosted Shredded Wheat
- ▶ **MOM:** Crispy Rice, Honey & Oat Blenders with Almonds, Frosted Mini Spooners
- ▶ **Ralston:** Corn Flakes, Crispy Rice, Bran Flakes, Tasteos, Frosted Shredded Wheat
- ▶ **Carrs/Safeway:** Corn Flakes, Crispy Rice, Bran Flakes, Oats and More with Almonds, Frosted Shredded Wheat
- ▶ **Western Family:** Corn Flakes, Crispy Rice, Bran Flakes, Oats and More with Almonds, Toasted Oats, Frosted Shredded Wheat
- ▶ **Great Value:** Corn Flakes, Crispy Rice, Bran Flakes, Toasted Oats

Other approved cold cereals.



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JUICE

Must be 100% juice with 120% of Daily Value Vitamin C per 8 oz. serving. **Refrigerated plastic bottles are not allowed.**



CONCENTRATE

11.5 oz. – 12 oz. **For children only**

▶ Apple:

Frozen 12 oz.



Essential Everyday, Kroger/Fred Meyer, Great Value, IGA, Safeway, Seneca, Treetop, Western Family

▶ Orange:

Regular, Pulp Free, Added Pulp, Country Style, Low Acid, Calcium Fortified



Frozen 12 oz.

Essential Everyday, Kroger/FM, Great Value, IGA, Minute Maid (Blends Allowed), Safeway, Western Family

▶ Grapefruit:

Regular, White, Pink, or Ruby Red



Frozen 12 oz.

Great Value, Minute Maid, IGA, Safeway, Western Family, Kroger/FM

▶ Pineapple:

Frozen 12 oz.

Dole (100% Juice Blends allowed)



▶ Grape:

White, Purple

Frozen 12 oz.

Welch's (Yellow pull strip only) Western Family, Kroger/FM, Essential Everyday



▶ Juice Blends: (100% Juice)

Frozen 12 oz.

Dole, Old Orchard, Welch's Grape/Raspberry



▶ Welch's 100% Juice:

Pourable 11.5 oz.

Any Flavor



SHELF STABLE OR REFRIGERATED

64 oz. only. Any container. **For women only.**



Apple:

Great Value, Seneca Treetop, Western Family, Essential Everyday (Cider OK), IGA (Cider OK)

Orange:

Regular, Pulp Free, Added Pulp, Country Style, Low Acid, Calcium Fortified

Essential Everyday, Great Value, Safeway, Western Family

Grapefruit:

Regular, White, Pink, or Ruby Red

Great Value, IGA, Kroger/FM, Safeway, Texsun, Western Family, Essential Everyday, Langers (Ruby Red only)

Pineapple:

Kroger/FM, Great Value, IGA, Safeway, Western Family, Essential Everyday, Dole (100% juice blends allowed)

Grape:

White, Purple

IGA, Safeway, Essential Everyday, Western Family, Welch's, Kroger/FM

Tomato/Vegetable:

Regular, low sodium, or spicy

Essential Everyday, Kroger/FM, Great Value, IGA, Safeway, Western Family, Campbells Tomato & V8, V8 also in Calcium Enriched & Essential Antioxidants, Shoppers Value

DAIRY



Milk

Must buy the largest size available in the store, least expensive brand. If largest size, least expensive brand will expire within 7 days, the next least expensive brand may be purchased.

Allowed

- ▶ Fresh 2%, 1%, or fat free (nonfat) milk, must buy the type listed on the check.
- ▶ UHT (shelf stable) or ultra-pasteurized milk **only if no other type of fresh milk is available, or if listed on the check.**
- ▶ Lactose-free or reduced (for example, Lactaid), evaporated, or dry ONLY if listed on the check.
- ▶ Buttermilk, ONLY if listed on the check.
- ▶ Acidophilus or protein fortified.

Not Allowed

- ▶ Chocolate, or other “non-dairy,” fruit-flavored, or organic milk
- ▶ Containers smaller than ½ gallon, unless store has no gallons or ½ gallons.
- ▶ Goat milk

Yogurt

Allowed

Plain yogurt, 32 oz. (quart). No whole yogurt, flavored, Greek, or organic. No containers smaller than 32 oz.

The following brands and types only:



Brown Cow, Fat Free



Dannon, Fat Free



Darigold, Lowfat



Essential Everyday,
Fat Free, Lowfat



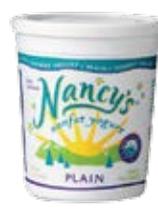
Fred Meyer, Fat Free



Great Value, Fat Free, Lowfat



Mountain High,
Fat Free, Lowfat



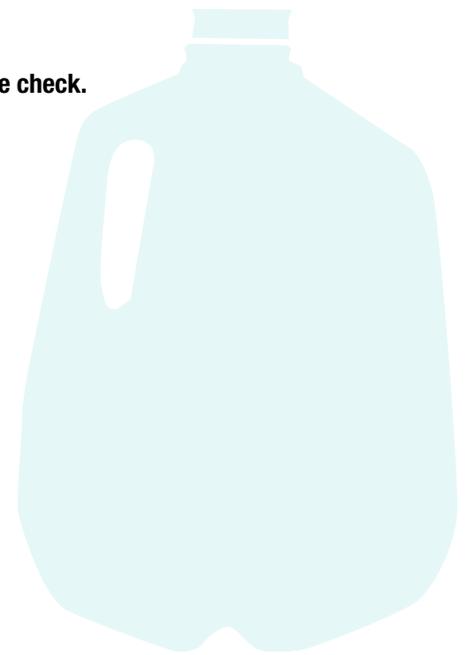
Nancy's, Fat Free, Lowfat



Safeway/Lucerne, Fat Free,
Lowfat



Western Family,
Fat Free, Lowfat



Tofu

Must be 16 oz. The following brands and types only:



Azumaya
Extra firm
Firm
Silken



House Foods (Premium)
Extra firm
Firm
Medium Firm



Nasoya
Lite Silken
Silken (Organic)



O Organic
Silken

Eggs

One Dozen

Small, medium, or large. Must be lowest cost that is available in store.

Allowed

- ▶ Any brand except as listed below.
- ▶ Ova Easy dried eggs only if fresh eggs are not available (4 oz. package of dried eggs = 1 dozen fresh eggs).

Not Allowed

- ▶ Brown eggs, extra large, jumbo, low-cholesterol, organic, Eggland's Best Brand, "Naturally Nested" or free range eggs.

Cheese

Package size 16 oz. only; 16 oz. = 1 lb.

Allowed

- ▶ Must buy least expensive brand.
- ▶ Domestic American, Kraft Deluxe American loaf, Cheddar (mild or medium only), Colby, Colby-Jack, Monterey Jack, Mozzarella (regular only) and Swiss. Low fat and/or low sodium allowed.
- ▶ American is the **ONLY** sliced cheese allowed (can be individually wrapped).

Not Allowed

- ▶ Cheese food, product or spread; shredded, grated, string, sharp or extra sharp, imported, deli, organic, soy, goat, or raw.
- ▶ Cheese with flavorings or added ingredients.



PROTEIN



Beans

Allowed

- ▶ Any type/brand: mature dry beans, peas, lentils, or mixed, in 16 oz. package.
- ▶ Canned: any type/brand of mature beans, regular or low sodium. Minimum sugar added for processing allowed. Can be no smaller than 15 oz. and no larger than 16 oz.
- ▶ Baked beans ONLY if listed on the check. No added meats.
- ▶ Refried beans without added sugars, fats (fat-free), oils, vegetables or meats.

Up to 64 oz. of canned beans may be substituted for 16 oz. dry.

Not Allowed

- ▶ Green beans, immature beans, green peas, snap peas, orange beans, wax beans, baked beans (unless specified on check), pork & beans, beans containing added sugars, fats, meats or oils.
- ▶ Bulk
- ▶ Organic products
- ▶ Bean soup mix

Beans Any brand allowed, types shown below are for example only.



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Fish

Allowed

- ▶ **Canned pink salmon:** 5 oz., 6 oz., 7.5 oz., and 14.75 oz. Skin and bones allowed.
- ▶ **Canned tuna:** plain 6.25 oz. or less packed in water. (No Albacore or white).
- ▶ **Sardines:** 3.75 oz. and 15 oz., water or oil packed, added flavors allowed. Skin and bones allowed.
- ▶ **Canned mackerel:** Atlantic, chub Pacific, or Jack mackerel. 15 oz. only.

Not Allowed

- ▶ Albacore or white tuna.
- ▶ King mackerel

Fish Any brand allowed, types shown below are for example only.



Pink Salmon
5, 6, 7.5, and 14.75 oz.

Canned Tuna
plain 6.25 oz. or less
packed in water.

Sardines
3.75 and 15 oz., water or
oil packed,
added flavors allowed.

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Peanut Butter

Allowed

- ▶ Any type creamy, chunky, low sodium, low sugar, or natural. 16-18 oz.
- ▶ Must be least expensive brand of its type.

Not Allowed

- ▶ Low-fat, organic, Honey Roasted, bulk, grind your own, or peanut butter with added marshmallows, jelly or honey.

Peanut Butter Least expensive brand peanut butter, 16-18 oz. jar



INFANT NUTRITION



Fruits & Vegetables

Allowed

- ▶ Stages 2, 2 1/2 and 3 Fruits and Vegetables. Sizes: 4 oz., 6 oz., or 4 oz. 2-packs (8 oz.)
- ▶ Beech-Nut, Gerber, Nature's Goodness, Parent's Choice
Single ingredient or combinations of single ingredients. For example: pears, peaches, strawberry-banana, squash, sweet potatoes & apples, garden vegetables, etc.

Not Allowed

- ▶ Organic
- ▶ Additives, such as DHA/ARA
- ▶ Guava, mango, papaya varieties
- ▶ Mixtures with rice, milk, or cereal

Bananas (up to 4) may be substituted for a portion of jarred fruits and vegetables.

Infant Meats (for exclusively breast-fed infants)

Allowed

- ▶ Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy. Texture may range from pureed through diced

Not Allowed

- ▶ Added sugars or salt (i.e. sodium)
- ▶ Infant food combinations (i.e. meat and vegetables) or dinners (e.g. spaghetti and meatballs) are allowed
- ▶ Organic
- ▶ Additives, such as DHA/ARA



Infant Cereal

Allowed

- ▶ Beech-Nut, Gerber, or Nature's Goodness only
- ▶ Package size 8 oz. or 16 oz. only
- ▶ Any combination of allowed cereal: Barley, Oatmeal, Rice, or Mixed, Multi-grain

Not Allowed

- ▶ Added fruit or single serving boxes, infant cereal in jars
- ▶ Organic
- ▶ Additives, such as DHA/ARA

Fruits & Vegetables Beech-Nut, Gerber, Nature's Goodness, Parent's Choice Stage 2, 2 1/2 and 3 Fruits and Vegetables without added ingredients.

Any combination that adds up to 64 oz.



Infant Food Quantities	
64 oz. (Fruit and Vegetables)	16 (4 oz.) jars, or
	10 (6 oz.) jars + 1 (4 oz.) jar, or
	8 (4 oz.) jars + 4 (8 oz.) containers (2-paks 4 oz. ea.)
May substitute up to 4 bananas: 4 oz. infant fruits or vegetables = 1 banana	
17.5 oz. (Meats)	7 (2.5 oz.) jars
20 oz. (Meats)	8 (2.5 oz.) jars

Infant Food Quantities - 64 oz. Infant fruits and vegetables	
No Bananas	Sixteen 4 oz. jars
	Ten 6 oz. jars plus one 4 oz. jar
	Eight 2 pks (4 oz. each)
AND	Fifteen 4 oz. jars
	or Ten 6 oz. jars
AND	or Seven 2 pks (4 oz. each) plus one 4 oz. jar
	Fourteen 4 oz. jars
AND	or Seven 2 pks (4 oz. each)
	Thirteen 4 oz. jars
AND	or Eight 6 oz. jars plus one 4 oz. jar
	or Six 2 pks (4 oz. each) plus 4 oz. jar
And	Twelve 4 oz. jars
	or Eight 6 oz. jars
or	Six 2 pks (4 oz. each)

Infant Cereal Beech-Nut, Gerber.



Package size 8 oz. or 16 oz. only. Any combination of allowed cereal: Barley, Oatmeal, Rice, or Mixed Multigrain

Your rights and responsibilities

You have rights and responsibilities as a WIC participant. The names and addresses of you and your child may be given to agencies such as Medicaid, Denali Kid Care, Food Stamps, Heating Assistance, Temporary Assistance, Child Care, Infant Learning, Head Start and Public Health Nursing Programs for referral and outreach. Programs listed above may give the WIC program name(s), address, income, identification and residency for you and your child to help check if you qualify for WIC.

Other WIC information may also be shared with health programs to see if you qualify for their program's services, to share needed health information with programs you are already participating in, and to help assess the overall health of Alaskan families through reports and studies. These same programs listed below may also share their information with WIC for the same purposes. You may ask WIC staff for more information about these programs. These programs include: Medicaid, Denali Kid Care, Pro Care, Head Start, Supplemental Nutrition Assistance Program (Formally known as the Food Stamp Program), Immunizations Program, Public Health Nursing, State Epidemiology and Infant Learning Program.

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- ▶ I will reapply for benefits as needed. I understand that WIC benefits are for participant use only.
- ▶ I will follow the WIC program and shopping rules that are on my food list.
- ▶ WIC is a Federal program. If I break the rules, make false statements, intentionally misrepresent, conceal, or withhold facts about my eligibility for the WIC Program, I understand that:
 - I or my child can be taken off WIC.
 - I will have to pay money back to WIC for foods, formula or breast pumps I should not have received. If I do not pay back the WIC program for foods and/or formula that I accepted or return loaned breast pumps that I was not eligible to receive, the state may use other types of legal options to collect payment, including small claims court, which could result in Permanent Fund Dividend (PFD) garnishment.
 - I can face civil or criminal prosecution under State and Federal law.

I understand my Rights and Responsibilities:

Responsibilities:

- ▶ I will treat WIC and store staff with courtesy and respect.
- ▶ All the information I give WIC is true and accurate. WIC staff can check this information.
- ▶ I will immediately report any changes in my income, family size, address, phone number or eligibility for Medicaid/Denali Kid Care, or the Food Stamp Program. I will also notify the WIC office if my checks are lost or stolen, or if I am no longer breastfeeding.
- ▶ I will get checks from only one clinic at a time. If I move out of Alaska, I will ask for a transfer.
- ▶ I will not sell, trade or give away WIC checks.
- ▶ I may be removed from the WIC program if I do not pick up, use my checks, or fail to return signed receipts for WIC checks or food boxes for two months in a row.
- ▶ I will allow WIC staff to take my or my child's height and weight and take a small amount of blood to check my or my child's iron level. I understand this information is needed to check nutrition needs and determine eligibility for WIC.
- ▶ I will come to my appointments or call ahead when I need to reschedule.

Rights:

- ▶ If I qualify for WIC, I will get checks to buy healthy foods. I understand that WIC does not give all the food or formula needed in a month. WIC foods help promote and support the nutrition well-being and help meet the needed intake of important nutrients or foods for myself and / or my child(ren).
- ▶ WIC will give me information for healthy eating and active living. WIC will provide me with breast feeding support.
- ▶ WIC will give me information to find a doctor and get immunizations for my child. I will be referred to other services.
- ▶ WIC staff will treat me with courtesy and respect.
- ▶ WIC will keep information about me and / or my child(ren) confidential and share only needed information to determine eligibility and for referral to other services.
- ▶ The rules for getting on WIC are the same for everyone. I can ask for a Fair Hearing if I do not agree with a decision about my WIC eligibility. WIC will tell me why my child or I do not qualify for the WIC Program.

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Do Not  WIC Foods

WIC Helps Moms and Moms-to-be:

- ▶ Become confident parents of healthy kids
- ▶ Learn how to shop, cook and eat healthy foods
- ▶ Be successful at breastfeeding
- ▶ Learn to increase physical activity
- ▶ Encourages children's immunizations
- ▶ Get information on other health services

WIC makes a difference in your life! Thank you for joining the WIC family today. Contact your local WIC office if you have questions, comments or suggestions.

Don't smoke, drink alcohol, or take drugs. They can harm you. They can harm your baby. If you want to stop smoking, drinking, or taking drugs, talk to your WIC counselor.