

# WELCOME TO WIC

Welcome to WIC the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). WIC is a nutrition program that helps families eat well and stay healthy. Raising a family can be challenging & Southern Seven's WIC Program staff are here to help.



The WIC program offers the following services and benefits for your family:

## **Nutrition Education**

- Provides nutrition assessments
- Personalized counseling about food, nutrition, and breastfeeding to help you feed your family in a healthy way.

## **Healthy Foods**

WIC gives you food coupons for free healthy foods

## **Health Services**

WIC helps you with referrals to other health and social services

## **Who is WIC for?**

### **Women** who are...

- Pregnant
- Breastfeeding, or
- Recently had a baby
- **Women** on WIC eat a healthier diet, have healthier babies and receive early prenatal care. You can stay on WIC for one year after your baby is born if you are breastfeeding, or for six months if not breastfeeding.

### **Infants** from...

- Birth to 1 year of age
- **Infants** born to WIC mothers weigh more and have improved growth and development rates.

### **Children** from...

- 1 year of age to their 5<sup>th</sup> birthday
- **Children** on WIC eat foods with more iron, Vitamin C, fruits and vegetables

**WIC is free.** It gives you healthy foods including cereal, brown rice, soft corn tortillas, 100% whole wheat bread and pasta, milk, cheese, dry peas, beans & lentils, peanut butter, eggs, juice, fresh and frozen or canned fruit and vegetables. Infant foods include cereal, formula and baby foods.



### How you qualify for WIC

To qualify for WIC you need to...

- ✓ Have a nutritional and/or medical need
- ✓ Meet the WIC income guidelines

### Simple Enrollment Process 1, 2, 3

Pregnant women, new mothers, infants and children up to age 5 can be eligible for WIC if their household income is less than \$836 per week for a family of four. Many participants in the WIC Program have jobs. In addition, they may receive the Link Card/Food Stamps, Public Aid, General Assistance, School Lunch, Head Start and still be on WIC! Women and children must be **residents of Illinois and live in Alexander, Hardin/Pope, Johnson, Massac, Pulaski or Union Counties** and meet income and health or nutrition guidelines to be eligible for WIC. Fathers, grandparents and foster parents may **apply** for children who are in their care.



To check to see if you may be eligible for WIC benefits use this simple on-line pre-screening tool (WIC Prescreening Tool) <http://wic.fns.usda.gov/wps/pages/start.jsf>

### 1. Schedule an appointment.

Contact us to set up an in-person visit. Call the health department office serving your community and schedule an appointment. Alexander 734-4167, Hardin/Pope 285-6215, Johnson 658-5011, Massac 524-2657, Pulaski 634-9405 and Union 833-8561.

### 2. What happens at your WIC Appointment

You will need to bring the following information to be reviewed at the enrollment/certification appointment:

- ❖ Proof of Identity.
- ❖ Proof of Pregnancy, if applicable.
- ❖ Proof of address. Proof could include a current driver's license, a bill, a rent receipt, or personal mail with your name and address on it.
- ❖ The person (s) being certified.
- ❖ Proof of income. Proof could include 2 current work pay stubs, or recent tax form, child support or unemployment checks. SNAP (Food Stamps), SSI, Free/Reduced School Lunch Program, etc..
- ❖ Immunization Record

### 3. Meet with WIC Nutrition Service Staff.



#### During your Certification Appointment:

- ❖ You and / or your child will have a nutrition assessment including a measurement of weight, height, and hemoglobin (a quick finger stick).
- ❖ You will talk with a WIC nurse one-on-one about good nutrition and healthy eating, breastfeeding, physical activity and nutrition goals, and any other special health concerns your family might have.
- ❖ Share information on health and community services.
- ❖ You'll be invited to nutrition education sessions and breastfeeding support groups.
- ❖ If eligible, you will get WIC coupons for healthy foods for you and/or your child.
- ❖ You will make an appointment to come back in 3 months to learn more about healthy eating and nutrition, and to pick up more coupons.



**During your WIC Nutrition Education Appointment**, the WIC nurse provides information and suggestions specific to your family’s needs:

- ❖ Women
  - Healthy eating during pregnancy
  - Healthy eating after you have your baby
  - How to breastfeed
  - How to meet your individual nutrition needs
- ❖ Infants
  - How to feed your baby
  - How to keep your baby healthy
- ❖ Children
  - How to feed your growing child
  - How to keep your child healthy

During every visit to WIC, you have the opportunity to talk to a WIC Nurse about good nutrition and healthy eating for your family. You will also learn more about how to keep your child healthy, safe and well-fed. WIC will share information on well-child check-ups, immunizations, dental care and other health and social services that are key to childhood and family well-being.

**WIC wants to help you breastfeed your baby.** Your WIC clinic can help you learn and prepare for breastfeeding. The WIC Staff will answer any questions you might have. Our Breastfeeding Peer Counselors are moms like you who support your success with Breastfeeding.



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