

# A HEALTHY START!

## WHAT IS WIC?

WIC is a Special Supplemental Nutrition Program for Women, Infants, and Children funded by the United States Department of Agriculture.

WIC provides at no cost:

### HEALTHY FOOD

- √ Milk
- √ Juice
- √ Cheese
- √ Dried Beans and Peas
- √ Infant Formula
- √ Infant Cereal
- √ Eggs
- √ Cereal
- √ Peanut Butter

(The WIC Staff determines which foods a participant receives based on individual needs.)

### NUTRITION INFORMATION

- √ Infant Feeding
- √ Nutrition for Healthy Pregnancy
- √ Child Growth and Development
- √ Special Diets
- √ Food Buying

## HOW DO I APPLY?

1. Call the WIC agency for an appointment.  
PHONE: 1.252.257.2116
2. Ask what you need to bring to your visit when you make your appointment. You will be required to provide the following:

## AM I ELIGIBLE?

### WIC IS FOR:

- √ Pregnant Women
- √ Breastfeeding Women who have had a baby in the last 12 months
- √ Women who have had a baby in the last 6 months
- √ Infants
- √ Children up to 5 years of age

### PERSON MUST ALSO:

#### √ **Meet WIC Income Guidelines:**

(Even if you have a job, you may be eligible. If you are on Work First Family Assistance, Medicaid, in the Baby Love Program, or receive Food Stamps, you already meet the income guidelines.)

#### √ **Have a health risk factor based on:**

- \*Height and Weight Measurements
- \*Blood Test for Low Iron
- \*Health History
- \*Diet History

**Applicants must be seen at the WIC site to determine eligibility.**

√ ***Identification (ID)***

Parents/caretakers and participants, including infants and children must provide their I.D.

√ ***Proof of Residence (where you live)***

√ ***Proof of Household Income***

Medicaid card (may include Work First eligibility); letter of Food Stamps certification. If these don't apply, bring recent paycheck stubs, recent tax return for self-employed.

√ ***Immunization Records***

Bring immunization records for all infants and children.

3. Keep your appointment. If you have a problem and cannot go at the time scheduled, call and make a new appointment.  
PHONE: 1.252.257.2116