

Welcome to WIC

Healthy Foods and Helpful Advice
That's what WIC is all about

You are one of many women, infants and children on the WIC Program. WIC serves pregnant, breastfeeding and postpartum women, infants and children up to five years of age who meet the financial, nutritional and residency requirements of the program.

WIC provides, at no cost to you:

- Nutritious foods to supplement your diet
- Nutrition counseling
- Referrals for other health care services

How long can I stay on WIC?

Infants – until 12 months old

Pregnant Women – during pregnancy and up to six weeks after giving birth

Breastfeeding Mothers – one year after giving birth

Mothers who are not breastfeeding – six months after giving birth

Children – until their fifth birthday

How can WIC help you?

WIC works best when everyone works together – you, the health clinic, and the WIC-authorized stores. Nutrition education is an important benefit offered to you by the WIC certifiers and breastfeeding peer counselors. Federal guidelines require that two nutrition appointments be provided during each six month certification period. Take advantage of the learning opportunities provided through WIC. Your education appointments may be in the clinic with a WIC certifier or online through a WIC-approved website.

WIC can work best for you if you:

- Keep your appointments. If you can't keep an appointment, please call your local WIC office to reschedule.
- Take your eWIC card with you to purchase your WIC foods and know your card's PIN.
- Take your WIC Food Guide and Shopping List with you to shop for your WIC foods.
- Make sure you are shopping at a WIC-authorized store or pharmacy.
- Make sure your WIC clinic has your correct address and phone number.
- Notify your local WIC clinic if you plan to move so your WIC benefits can be transferred to your new location.



WIC applicants should know:

- It is illegal to participate in the WIC Program in more than one clinic or state at the same time.
- WIC foods should not be sold, traded or given away.

What is provided in your WIC food package?

WIC is a supplemental food program and it will not provide for all of your food and nutrient needs. Foods provided through WIC are a good source of important nutrients needed in a healthy diet. WIC-authorized stores will have a variety of food items to select from in each food category (i.e. cereals, juices, cheeses, fruits, vegetables).

Food packages for women and children include:

- Milk
- Yogurt (as an option)
- Cheese
- Eggs
- 100 Percent Fruit Juice
- Iron-Fortified Cereal
- Peanut Butter, Canned Beans/Peas or Dried Beans/Peas
- Whole Grain Bread, Brown Rice, Wheat Pasta, or Corn Tortillas
- Fresh, Frozen, and Canned Fruits and Vegetables
- Canned Tuna or Salmon (fully breastfeeding women only)

Food packages for infants include:

- Iron-Fortified Formula
- Iron-Fortified Infant Cereal (added at six months)
- Infant Fruits and Vegetables (added at six months)
- Fresh Fruits and Vegetables (added at nine months)
- Infant Meats (for fully breastfeeding infants)

Breastfeeding

WIC provides a special breastfeeding education and support program to help you make informed choices about how to feed your baby. This program includes:

- Breastfeeding aides and devices
- Prenatal classes and support groups
- Peer counseling support
- Consultation with a Certified Lactation Counselor or IBCLC

The WIC food package for exclusively breastfeeding women includes additional amounts of tuna, milk, eggs, juice, fruits and vegetables. Infants that are exclusively breastfed receive baby food meats as well as twice the amount of infant fruits and vegetables provided to formula fed infants.

Alcohol, tobacco and other drugs

When you are pregnant, alcohol, tobacco and other drugs can harm your unborn baby. If you need help to stop using any of these, talk to your WIC nutritionist, health care provider, or social worker. They will know where you can go for help.

Fair hearing

You have the right to appeal any decision about your eligibility or qualification in the WIC program. If you are not satisfied with the decision of your local clinic, you may request either orally or in writing a fair hearing. Request for fair hearings must come within 60 calendar days of the decision. A hearing will follow within one week of the request. Everyone involved will discuss and review the case. You may hire legal counsel to represent you at your expense. You will get a decision in writing within 45 days of the original request. If you are still unhappy with the decision, you may take the case to court at your expense.

Where to get more help

Contact your local WIC clinic about:

- **Community programs** — These might include substance abuse treatment centers, food banks and food networks.
- **Health care** — In some areas, community health centers and migrant health centers offer free or low cost health and dental care. If you do earn money, you might pay a little for these services. Each state has a program that pays medical costs for people with low incomes.
- **Medicaid** — Through a national health care program, Medicaid helps people with low income pay for medical services. Pregnant women can get help with doctor visits before and after the baby is born, hospitalization, delivery, prescription drugs and immunizations. In some cases, Medicaid will cover older children.

Contact your local Department of Human Services office about:

- **Temporary Assistance for Needy Families (TANF)** — This service provides assistance for needy families with children up to 18 years of age.
- **Child Support** — This service provides money for children's needs from the parent assigned responsibility by a legal service.
- **Supplement Nutrition Assistance Program (SNAP)** — This helps families buy foods they need for good health.



If you are planning to move to a new state, please let your WIC clinic know. The WIC staff will give you information to take with you to ensure that you continue to receive your WIC benefits in your new state.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.



MISSISSIPPI
STATE DEPARTMENT OF HEALTH