

CERTIFICATION PROCESS



1. INTEREST IN WIC

Are you a pregnant, postpartum or breastfeeding woman?

Do you have an infant or a child under age 5?

If so, WIC may be able to help you!



2. ELIGIBILITY SCREENING

You must also meet the following:

- Resident of Alabama
- Meet income guidelines or participates in adjunctive programs (Medicaid, SNAP, or TANF)
- Have a nutritional risk



3. SCHEDULE APPOINTMENT

Contact your local health department or

1-888-WIC-HOPE (1-888-942-4673)

to schedule an appointment.



4. CERTIFICATION APPOINTMENT

Visit your **local WIC Clinic** for the certification appointment. Be sure to bring proof of identification, residence, and income along with all applicants in order to apply.



5. NUTRITION ASSESSMENT

Meet with a nutritionist who will assess your nutritional needs and help you learn about the impact of a **healthy lifestyle** including how WIC can help you achieve that.



6. RECEIVE BENEFITS

Depending on stage of life and nutrition assessment, each person on WIC will receive a **food package** tailored to their nutritional needs. You will receive **nutrition education** at the appointment as well as access to WICHealth.org to complete online nutrition education courses. For breastfeeding women and infants, WIC provides **resources and support**. If you have any other needs, WIC can provide **referrals** to local resources, programs, or healthcare providers.