

How WIC Can Help

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 income, nutritional and residency requirements of the program.

WIC PROVIDES, AT NO COST TO YOU:

- Nutritious foods to supplement your diet
- Breastfeeding support • 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 WIC clinic, and the WIC-authorized stores. Nutrition education is an important benefit offered to you by the WIC nutritionists. Federal guidelines require that four nutrition appointments be provided during each one-year certification period. Take advantage of the learning opportunities provided through WIC. Your education appointments may be in the clinic with a WIC nutritionist or online through WICHealth.org.

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 Brochure and Shopping List with you to shop for your WIC foods, or use your Alabama WIC app to check for approved foods. Make sure you are shopping at a WIC-authorized store.
- 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.

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 • Cheese • Eggs • 100% Fruit Juice
- Iron-Fortified Cereal • Peanut Butter • Canned Beans/Peas or Dried Beans/Peas • Whole Grain Bread, Brown Rice, Wheat Pasta, or Wheat or Corn Tortillas • Fresh and Frozen Fruits and Vegetables
- Canned Tuna or Salmon (for breastfeeding women)

Food packages for infants include:

- Iron-Fortified Formula
- Iron-Fortified Infant Cereal (added at six months)
- Infant Fruits and Vegetables (added at six months)
- Infant Meats (added at six months 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
- Peer counseling support
- Consultation with a Designated Breastfeeding Expert
- Additional amounts of some WIC foods



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 or health care provider. They will know where you can go for help.

For more information call: 1-800-367-0955 or visit <http://www.mh.alabama.gov>

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** – Many county health departments offer free or low-cost health care, including immunizations, 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. Medicaid applications are available at each health department or may be completed online.

For more information call: 1-800-362-1504 or visit <http://medicaid.alabama.gov> or contact your local Medicaid office.

Contact your local Department of Human Resources 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.
- **Supplemental Nutrition Assistance Program (SNAP)** – This service helps families buy foods they need for good health. SNAP applications are available at county DHR offices and online.

For more information call: 1-800-382-0499 or visit <http://dhr.alabama.gov> or contact your local SNAP office.



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.

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)¹, 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:

- (1) U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: Program.Intake@usda.gov

¹ The Alabama Department of Public Health makes no concessions as to the scope of the terms "sex" or "discrimination" as they appear in Title IX of the Education Amendments of 1972 and the Food and Nutrition Act or implementing regulations.



Alabama WIC App

Stay up-to-date with current WIC news and have access to resources needed when applying for and participating in the WIC program, including the WIC food brochure, nutrition education, breastfeeding resources, and contact information for your local WIC Clinic and WIC-authorized stores.



This institution is an equal opportunity provider.

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