

## APPLYING FOR THE WIC NUTRITION PROGRAM

**WELCOME TO WIC!** WIC is here to help you to have a healthy pregnancy and healthy children. While you are on WIC you will get "checks" every month to get free nutritious foods at the grocery store. You will learn about healthy eating and active living for you and your children. WIC can also help you find health insurance, breastfeeding support and other services you need to stay healthy.

### WHEN AND WHERE TO COME:

Look on the enclosed computer printout for the date, time, and location of your WIC appointment. A map is also enclosed to help you find the WIC office. Your first appointment may take up to two hours. If you are eligible, you will get WIC checks right away. If you can't come, please call us at **565-6590** or **1-800-816-3663**.

### WHAT TO BRING:

- 1. PROOF OF IDENTITY:** This is any official document that says who you are. For women, a picture ID is preferred. For infants and children, use a birth certificate, crib card, immunization record, Medi-Cal or Social Security card. If you do not have one of the above, ask WIC staff to explain other forms of acceptable identification.
- 2. PROOF OF INCOME:** If your family receives Medi-Cal or Food Stamps, just bring a Medi-Cal card or Social Security number for each family member who may be eligible for WIC.  
  
If you do **not** receive Medi-Cal or Food Stamps, please bring proof of your total gross family income for at least one full current month. Gross income means before any deductions for taxes or expenses. Some examples include pay stubs, bank statements showing automatic deposits for SSI, military LES, or books for your own business. If you live with the father of any of your children, his income must be reported. If your income varies or is seasonal, bring records for several months to show an average income. If you recently became unemployed we will use your current income, not your income when you were working.
- 3. PROOF OF ADDRESS:** Bring a current utility bill, rent receipt or mail you recently received at your home. If you are homeless and cannot provide proof of address, you may still be eligible for WIC.
- 4. WIC REFERRAL FORM:** Everyone on WIC should get regular checkups. Ask your doctor or nurse to fill out the enclosed WIC referral forms from your or your child's last checkup.  
**Please include the following information on the WIC Referral form:**
  - **Current height or length and weight** are mandatory for everyone and can be done at WIC.
  - **Blood test results:** Blood test results are needed within 90 days of WIC enrollment for all women and children, (except for infants who were under age 9 months on the date of the first WIC appointment).
  - **Any medical conditions or health problems** that can help the nutritionist know about special nutritional needs or that you would like considered for WIC eligibility. The physician should document these conditions.
- 5. IMMUNIZATION RECORDS:** Please try to bring the shot record for each infant and child to every WIC appointment. (not required)
- 6. NUTRITION QUESTIONNAIRE:** Please fill out the enclosed nutrition forms for each family member applying for WIC.
- 7. PRESENT AT CERTIFICATION:** All applicants must be present at the first certification. Please bring your children with you to your appointment.

*This institution is an equal opportunity provider.*