

# WIC BASICS



WI Adoption & Permanency Support Program

May 2020

## Do my kids qualify for WIC?

If you live in WI and the children you care for are under 5 years old and:

- 1) Are in foster care or kinship care as well as foster teens who are pregnant
- 2) Were adopted from foster care and have Badgercare (MA)
- 3) Your family income falls within a certain range— this is also dependent on family size.
- 4) If anyone in the family receives : FoodShare, Medicaid, BadgerCare Plus, W2 Program, TANF, or FDPIR.

## What can WIC provide?

### FOODS

- Infant formula (special formulas are available for children with special needs)
- Infant fruits, vegetables & meats (baby food)
- Infant cereals
- Milk (soy milk if needed)
- Fruits & vegetables (fresh, canned or frozen)
- Milk, eggs, cheese
- Yogurt (2-4 years old)
- 100 % juice
- Whole wheat/ whole grain foods: 100% whole wheat bread, brown rice, soft corn or whole wheat tortillas.
- Cereals
- Beans, peas, lentils (canned or dried) or peanut butter
- Canned fish (light tuna or pink salmon)
- Medical foods for children & women with special needs
- Vouchers for fruits & vegetables at local farmer's markets (summer months)

### NON-FOOD

- Information on healthy eating & nutrition education
- Referrals to doctors, dentists, immunizations, and other programs
- Information on healthy eating during pregnancy & breastfeeding.
- Health screenings (height, weight, hemoglobin checks)



## What is WIC?

The **Special Supplemental Nutrition Program for Women, Infants, and Children** (WIC) is a nutrition program for pregnant women, infants, women who are breastfeeding, postpartum women, and children younger than 5.

WIC provides nutrition education, breastfeeding education and support, supplemental nutritious foods, and connections to other community services.



Let WIC help your family enjoy healthy meals together.

For more information about WIC:

Monday-Friday 7 am-6 pm

Call the hotline 800-642-7837

Text 608-360-9328

Email [help@wellbadger.org](mailto:help@wellbadger.org)

Website

[https://www.dhs.wisconsin.gov/](https://www.dhs.wisconsin.gov/wic/index.htm)

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