

EFFECTIVE NOVEMBER 1, 2012



# PROGRAM BOOKLET

INFORMATION FOR PARTICIPANTS



# WIC PROVIDES GOOD FOOD AND A WHOLE LOT MORE

WIC is a nutrition program that provides nutrition and health education, breastfeeding support, healthy food and referrals to other services free of charge to Indiana families who qualify. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children.

## WIC OFFERS FAMILIES:

- Breastfeeding promotion and support
- Checks to buy healthy food
- Health and social service referrals
- Immunization screening and referrals
- Tips for eating well to improve health

## WIC NUTRITION STAFF MEET WITH EACH WIC PARTICIPANT TO:

- Review nutrition and health behaviors
- Provide individual nutrition advice
- Support families making changes for better health
- Offer a selection of healthy foods

For more information about the Indiana WIC Program and/or Nutrition and Breastfeeding Education go to: [www.wic.in.gov](http://www.wic.in.gov)



## What to bring to your WIC Appointment:

- ✓ **Each person who is applying for WIC.**
- ✓ **A parent, guardian, or caretaker of an infant, child, or woman under 18 years old who is applying for WIC.**
- ✓ **Proof of Income.** Income documents for everyone in your family who works or has a source of income.  
*For Example:*
  - Paycheck stub(s) for the past 30 days; if paid biweekly, bring 2 pay stubs; or, if paid weekly, bring 4 pay stubs.
  - Award letter for alimony, child support, social security (including SSI).
  - Unemployment or worker's compensation statement.

You may automatically be income eligible if you or certain family members participate in Medicaid, Temporary Assistance

for Needy Families (TANF) or Food Stamps (SNAP). (*Proof of eligibility is needed.*)

- ✓ **Proof of Identity** for yourself and each person who is applying for WIC.  
*For Example:*
  - Driver's license
  - Hospital record
  - Photo ID
  - Immunization record
  - Marriage license
  - Birth certificate
- ✓ **Proof of Address**  
*For Example:*
  - Bill or business letter addressed to you
  - Rent receipt
  - Current driver's license
- ✓ **Immunization Record(s)** for all infants and children up to age 2 years who are applying for WIC.

INFANT FOOD, INFANT CEREAL, MILK, CHEESE & EGGS

FRUITS & VEGETABLES

JUICE

BREAKFAST CEREALS

WHOLE GRAINS, BEANS, PEANUT BUTTER & FISH

## Infant Food

Checks requiring the purchase of Beech-Nut brand only end December 31, 2012.

### FRUITS & VEGETABLES

Any Brand - 4 oz. container

Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).



#### **Not included:**

- Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)
- Meat sticks, organic, added sugar, starch, salt, or DHA

### MEATS

Any Brand - 2.5 oz. container

(Meat only, may include broth or gravy)



Available items:

- Turkey and Broth • Chicken and Broth • Beef and Broth • Ham and Broth

## Infant Cereal

### ANY GRAIN OR MULTIGRAIN

Any Brand - 8 oz. box

**Not included:** Canned, formula, fruit, organic or variety packs, DHA.



## Milk

### FLUID MILK

White only, type and size specified on check.

- Whole or Vitamin D
- Reduced-fat (2%), low-fat (½ or 1%), or fat-free (skim)

### SPECIALTY MILK *As listed on check.*

- Evaporated: 12 oz.
- Lactose-free: quart or ½ gallon\*
- Sweet acidophilus: ½ gallon
- UHT
- Powder: 9.6 oz. or 25.6 oz.
- 8th Continent Soymilk Original only, ½ gallon

\* Two one-quart cartons may be substituted for ½ gallon to obtain the maximum amount on the check.

**Not included:** Flavored, imitation, organic, non-dairy, buttermilk, Milnot, or Vitamite.

## Cheese

### U.S. MADE, PREPACKAGED

8 oz. to 16 oz.

Choose regular, light, low-fat, or fat-free; block, sliced, shredded, bagged, cubed, string, stick, or crumbles.

Any of the following flavors or combinations of flavors:

- American – pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

**Not included:** From the deli area, random weight (non-uniform sizes typically labeled in decimals, e.g., .62 lb.), cheese food, product, substitute or spread, imitation, spiced, flavored, organic, imported, or any size smaller than 8 oz.

## Eggs

### ANY SIZE, WHITE OR BROWN

1 dozen

**Not included:** Low cholesterol, organic, Eggland's Best or other specialty eggs, cage free, or free range.



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# Fruits and Vegetables

Dollar amount specified on Cash Value Voucher.

## FROZEN

Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes.

**Not included:** Packages with added sugar, oils or fats, herbs or spices; creams, sauces, or breading

## FRESH WHOLE OR CUT (Includes plain bagged)

**Not included:** Red, Yukon Gold, Russet and other kinds of white potatoes (orange yams and sweet potatoes are allowed); pickled vegetables; olives; herbs or spices; nuts; salad bar items; edible blossoms; ornamental or decorative pumpkins, or party trays with dip, dressing, or croutons.



## Tips to help you receive the maximum value for your Fruit and Vegetable Cash Value Voucher

- ✓ Consider purchasing fixed price items (pre-bagged items with a pre-determined price).
- ✓ Buy items that have not been pre-cut (sliced melon costs more than a whole one you slice and peel at home).
- ✓ Use coupons to lower the price of items and shop sales.
- ✓ Purchase “in season” for the lowest produce prices.
- ✓ If you go over the amount of the voucher, ask the cashier for help in picking items to remove from the transaction.

### Chart for Purchasing Fruits and Vegetables

Price per pound	Pounds					
	1½	2	2½	3	3½	4
<b>\$0.69</b>	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42	\$2.76
<b>\$0.99</b>	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47	\$3.96
<b>\$1.49</b>	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22	\$5.96
<b>\$1.69</b>	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92	
<b>\$1.99</b>	\$2.99	\$3.98	\$4.98	\$5.97		
<b>\$2.49</b>	\$3.74	\$4.98				

### REMEMBER

Fruit and Vegetable Cash Vouchers are redeemable up to the amount stated on the voucher (\$6.00, \$10.00, or \$15.00). If the purchase price exceeds the stated value, participant may pay the additional amount with another form of tender or choose to purchase a lesser quantity. No cash back or gift cards are allowed.



FRUITS & VEGETABLES

JUICE

BREAKFAST CEREALS

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# Juice

Size is specified on check.

100% juice (fruit or vegetable) and at least 120% Vitamin C

## SHELF STABLE OR REFRIGERATED

64 oz. only. Any container. *For children only*



**Juicy Juice**  
Any flavor



**Old Orchard**  
Any 100%  
Juice - except  
Premium



**Welch's**  
Grape - purple,  
red or white  
**only**



**V8**  
Regular or  
low sodium  
vegetable juice  
only



**Campbell's**  
Regular or low  
sodium tomato  
juice only



**Grapefruit  
Juice**  
Any brand



**Orange Juice**  
Any brand



**Apple Juice**  
Hy-Top, Indian  
Summer,  
Lucky Leaf,  
Musselman's or  
Seneca

**Not included:** Beverages, cocktail juices, fruit drinks, juice drinks, or organic juices.

## FROZEN CONCENTRATE

11.5 oz. - 12 oz *For women only*



**Seneca**  
Apple juice



**Seneca**  
Grape juice



**Kroger**  
Apple juice



**Dole**  
Any flavor



**Orange Juice**  
Any brand



**Grapefruit  
Juice**  
Any brand



**Welch's**  
Any flavor with  
yellow tab



**Old Orchard**  
Any flavor with  
green tab

## NON-FROZEN CONCENTRATE

11.5 oz. - 12 oz *For women only*



**Welch's**  
Any flavor



**Juicy Juice**  
Any flavor



JUICE

BREAKFAST CEREALS

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# Cereal



= Whole Grain Cereal



= 100% Daily Value of Folic Acid

\*Pregnant women and women considering becoming pregnant: Look for the cereals with 100% DV (daily value) of folic acid.

## COLD CEREAL

10 oz. or larger, any combination not to exceed 36 oz.



Banana Nut Crunch



Cheerios  
(Regular only)



Multi Grain Cheerios



Corn Chex



Rice Chex



Wheat Chex



Corn Flakes  
(Regular only)



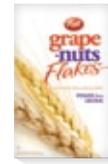
Crispix



Crispy Rice



Grape-Nuts



Grape-Nuts Flakes



Honey Bunches of Oats - Almonds



Honey Bunches of Oats - Honey Roasted



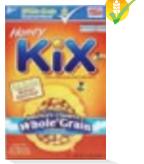
Honey Bunches of Oats - Cinnamon Bunches



King Vitamin



Kix



Honey Kix



Life



Frosted Mini Spooners



Frosted Mini Wheats Bite Size  
(no fruit, maple vanilla or organic)



Frosted Mini Wheats Big Size



Unfrosted Mini Wheats - Bite Size



Oatmeal Squares - Brown Sugar



Oatmeal Squares - Cinnamon



Rice Krispies



Special K  
(Original, no fruit)



Total  
(Regular only)



Wheaties  
(Regular only)



CoCo Wheats



Cream of Wheat Whole Grain 2-1/2 minute



Cream of Wheat - Original 1, 2-1/2, 10 minute



Quaker Oatmeal (Instant, original flavor only)



Malt-O-Meal (Original only)

## HOT CEREAL

### WAYS TO BUY 36 OZ OF CEREAL

$$12 \text{ oz} + 24 \text{ oz} = 36 \text{ oz}$$

$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$

$$12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

$$18 \text{ oz} + 17.5 \text{ oz} = 35.5 \text{ oz}$$

## BREAKFAST CEREALS

WHOLE GRAINS, BEANS, PEANUT BUTTER & FISH

# Whole Grains

## BREAD

16 oz. only

Whole wheat or whole grain loaf.



**Aunt Millie's**

- Cranberry-Apple Swirl
- Raisin Swirl
- Whole Grain White



**Bunny**

100% Whole Wheat



**Healthy Life**

- 100% Whole Wheat
- 100% Whole Grain Wheat
- Sugar Free



**Pepperidge Farm**

- Stoneground 100% Whole Wheat
- Very Thin Soft 100% Whole Wheat



**Roman Meal**

100% Whole Wheat



**Sara Lee**

Classic 100% Whole Wheat



**Wonder**

Soft 100% Whole Wheat



**Nature's Own**

100% Whole Wheat  
Sugar Free



**Best Choice**

100% Whole Wheat



**Schnuck's**

100% Whole Wheat

**Not included:** Buns, rolls, bagels, or bakery.

## TORTILLAS

16 oz.



**Chi-Chi's**

Whole Wheat or Corn



**La Banderita**

Whole Wheat or Corn



**Mission**

Whole Wheat or Corn



**Best Choice**

Whole Wheat or Corn



**Don Pancho**

Whole Wheat or Corn



**La Burrita**

Corn



**Ortega**

Whole Wheat

## BROWN RICE

Up to 16 oz.

Any brand, plain, boxes or bags, instant, quick, or regular



## Beans, Peas & Lentils

### DRY

1 lb. bag

### CANNED

Any combination not to exceed 64 oz.

- Fat Free Refried
- Kidney (may have a small amount of sugar)
- Garbanzo (Chick Peas)
- Navy
- Great Northern
- Black

**Not included:** Boxed, baked beans, wax beans, organic, soups, added sugars, fats, oils, or meats.

## Peanut Butter

### REGULAR OR CRUNCHY

18 oz. jars only

**Not included:** Spread, organic, mixed with jelly, marshmallow, or honey.

## Fish

*For fully breastfeeding moms.*

### PACKED IN WATER, OIL, OR VEGETABLE BROTH

Up to 30 oz., can or foil pouch, any size

- Light Tuna
- Pink Salmon
- Sardines (flavored allowed)

**Not included:** Fresh or frozen, flavored tuna or salmon, yellow fin or albacore tuna, or organic.

# Breastfeeding is Healthy for Babies

Every mother can help her baby develop and grow with her own breast milk. It's also a healthy, affordable solution.

## Healthy for **BABIES**

- Best possible nutrition
- Easy to digest
- Reduces risk of SIDS, ear infections, RSV, and diarrhea
- Helps prevent chronic diseases like diabetes, asthma, heart disease, and cancer
- Promotes brain growth

## Healthy for **MOMS**

- Promotes weight loss after pregnancy
- Prevents chronic diseases like osteoporosis and cancer
- Always ready at the right temperature

Exclusively breastfeeding mothers and their babies receive extra food benefits.

## Great for **FAMILIES**

- Helps moms and babies stay healthy
- Healthy moms and babies are more active and ready for play
- Saves time, money and the environment

Indiana WIC has Lactation Consultants and Peer Counselors on staff to provide breastfeeding support at no cost. WIC can help with any challenges including the transition back to work or school.



## Referrals

Ask your WIC staff about services in your area. A specific function of the Indiana WIC certification process is to make referrals to Medicaid and other social service programs. Although the Indiana WIC Program does not provide health care, Indiana WIC will refer all applicants to health care providers as appropriate. Some of the referrals include:

- Medicaid
- TANF
- SNAP
- Maternal and Child Health Programs
- Expanded Food and Nutrition Program offered by Cooperative Extension Services
- Hoosier Healthwise
- Healthy Families
- Head Start
- County Health Departments for Immunizations
- Child Support Enforcement
- Local Drug Treatment Centers
- Doctor's Offices including Private Offices and Community Health Centers
- Local Food Pantries and Shelters



**BREASTFEEDING BENEFITS & REFERRALS**

**HOW TO USE A WIC CHECK**

**TIPS & REMINDERS**

**FREQUENTLY ASKED QUESTIONS/YOUR RIGHTS & RESPONSIBILITIES**

Indiana State Department of Health  
WIC Program

10041819 JOHN C DOE 01/01 76948959  
WIC ID NO NAME OF PARTICIPANT TAG/CL

Payable Through  
United Community Bank  
Marietta, GA  
64-1968  
611

WIC USE ONLY

PAY TO THE ORDER OF ANY AUTHORIZED INDIANA WIC VENDOR ONLY FOR THESE ITEMS, SIZES, QUANTITIES ONLY

FIRST DAY TO USE OCT 6, 2012

APPROVED PRICE CORRECTION WIC USE ONLY

DATE USED

CASHIER INITIALS

LAST DAY TO USE NOV 5, 2012

ACTUAL \$ AMOUNT

VENDOR MUST DEPOSIT WITHIN 30 DAYS OF LAST DAY TO USE

VENDOR PLACE INDIANA WIC STAMP HERE

QTY. DESCRIPTION (NO SUBSTITUTIONS ALLOWED)

002	GALLON CONTAINER(S) WHOLE MILK
00	HALF GALLON CONTAINER(S) WHOLE MILK
001	16 OZ OR LESS OF WIC APPROVED CHEESE
001	64 OZ CONTAINER(S) JUICE
001	16 OZ WHOLE WHEAT OR WHOLE GRAIN BREAD OR UP TO 16 OZ BROWN RICE OR 16 OZ SOFT WHOLE WHEAT OR CORN TORTILLAS
	XXX END OF ORDER XXXX

PARTICIPANT/PROXY SIGN HERE ONLY AFTER PRICE IS ENTERED

769489596# 061119684# 02503027#

## How to use a WIC check

- 1 **Make sure the participant's name is listed.** Contact your local WIC clinic if someone else needs to use the WIC check.
- 2 **Check the dates.** Date must be the same as or after the "First Day to Use" and before or the same as the "Last Day to Use."
- 3 **Choose the items you want to buy from the "Authorized Food" list on the WIC check.** Look for WIC approved items in this booklet.
- 4 **Group WIC foods together according to what is listed on each check.** Keep WIC foods separate from any other foods you may buy.
- 5 **After scanning your items, the cashier will write in the total amount of your WIC foods.**
- 6 **The cashier will hand the check back for you to sign.** Never sign a WIC check before the "Actual \$ Amount" has been filled in.
- 7 **Show the cashier your WIC Program ID Card.**

Look for matching shelf tags located by many WIC approved items. ➔



HOW TO USE A WIC CHECK

TIPS & REMINDERS

FREQUENTLY ASKED QUESTIONS/YOUR RIGHTS & RESPONSIBILITIES

## Tips & Reminders

- **Don't forget to pick up your checks on time.**

Your clinic will note the pick-up date on the back of this folder. If you pick up your checks late, you get less food for the month.

- **Keep appointments**

Call your WIC clinic if you need to reschedule.

- **Use WIC checks correctly.**

Shop where WIC checks are welcome. Use your checks between the dates listed on each check and buy only the foods listed on the check and Food List. Sign your checks after making sure the prices are correct.

- **Handle your WIC checks carefully** – like they are cash.

- **Contact your local WIC clinic right away if something happens to your checks.**

- **Please remember *not* to:**

- fold, bend, tear, change or alter WIC checks in any way.
- sell checks or food purchased with WIC checks.
- use checks you reported missing or stolen.
- receive checks from more than one clinic.

- **Consider breastfeeding your baby.**

Babies are born to breastfeed. Nursing mothers receive additional food and remain on the WIC program for a full year. Ask for breastfeeding support and information at your WIC clinic.

- **Educational Resource**

Do your nutrition education online at [www.wichealth.org](http://www.wichealth.org).

- **Be polite to the cashier.**

- **Always take your WIC Program Booklet with you to shop for WIC foods.**

- **Shop smart!**

- Plan how to spend your checks so you have food for the whole month.
- Compare prices on foods and buy the least expensive brand.
- Use coupons and look for “buy one, get one free” and other store offers.

- **Select the correct package sizes.** Carefully count ounces to be at or under the maximum amount printed on your check.

- **WIC foods cannot be returned to the store for credit or cash or exchanged for other items.**

### What to bring to the grocery store:

- ✓ WIC Program Booklet
- ✓ WIC checks
- ✓ WIC Program Identification Card



# Frequently Asked Questions

## What if I move?

If you plan to move somewhere else in Indiana, you can check our website for a listing of all WIC offices in the state at [www.wic.in.gov](http://www.wic.in.gov). If you plan to move out of Indiana, you can call your local WIC office. They can give you information about WIC programs in other states and overseas. You may also call the State WIC Office at 1-800-522-0874.

## What is a proxy?

A proxy is someone you trust. You give this person permission to cash your WIC checks if you can't go to the store. If you assign someone to be a proxy, that person must sign your WIC Program ID card and must bring the card when cashing WIC checks at the store. You must make sure your proxy understands what foods to buy and how to use the WIC checks.

A proxy may also take your place at nutrition education or check issuance appointments. A proxy is not allowed to replace participants at certification appointments. The proxy must bring

the WIC Program ID card to the appointment along with a valid form of ID.

## Why can't WIC staff talk to my friend or my mother about my child or me?

The WIC program protects your right to privacy. WIC will not share any information without your permission. This includes appointment times and medical information.

## What if I lose my WIC checks or they are stolen?

If you believe your WIC checks have been stolen, report it to your local police right away. Lost or stolen WIC checks should also be reported to your local WIC office immediately. WIC may replace certain checks in rare circumstances and with required documentation.

## What if I damage my WIC checks?

If you spill something on your checks or rip them, return the checks to your local WIC office. WIC may replace them.

# Your Rights & Responsibilities

*For the Indiana WIC Program*

## PARTICIPANTS RIGHTS

1. To be treated fairly regardless of race, color, national origin, age, sex, disability or religion. (If treated unfairly write or call with a civil rights complaint to the USDA, Office of Adjudication, within 180 days of the alleged incident. Religious complaints must be filed with the Indiana Civil Rights Commission within 180 days.)
2. To request a fair hearing to appeal any decision made by the local agency regarding your eligibility for the program.
3. To receive nutrition education, breastfeeding support and referrals to other health services or social services.

## PARTICIPANT RESPONSIBILITIES

1. Using WIC checks correctly.
2. Treating clinic and store employees in a respectful manner.
3. Providing truthful information.
4. Teaching your proxies their role in the WIC Program.
5. Participating in nutrition education activities.
6. Not selling or exchanging WIC foods or checks, including selling or trading food or formula on social media sites (ex: Facebook, craigslist, Ebay, community garage sales, etc.)

## RIGHT TO A FAIR HEARING

Any decision affecting your participation in WIC which you think is unfair can be reviewed. You should request a hearing verbally or in writing within 60 days of the decision. You will be informed in writing at least 10 days prior to the hearing date.

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call 800-795-3272 (voice) or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.

# WIC Appointments

Household ID#: \_\_\_\_\_ Clinic code: \_\_\_\_\_

Date	Time	Purpose of Visit		
		Check Pick-up	Certifications/MDU	Nutrition/breastfeeding
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				

## NOTIFY THE WIC OFFICE IF YOU:

- are unable to keep a scheduled appointment.
- give birth.
- stop breastfeeding.
- are unable to purchase WIC foods.
- have any problems or concerns about the store.
- have questions about WIC services.
- are moving out of Indiana.



## QUESTIONS?

Just call **800-522-0874** or  
contact your local WIC clinic at:

[www.wic.in.gov](http://www.wic.in.gov)

 *Follow us on Twitter:* [www.twitter.com/indianaWIC](https://www.twitter.com/indianaWIC)

*The information in this booklet is subject to change.*

This institution is an equal opportunity provider.

To complete your nutrition education, please go to [wichealth.org](http://wichealth.org).



Indiana State  
Department of Health