PARTICIPANT RIGHTS

1. The standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, age, handicap, or sex.

2. You may appeal any decision made by the local agency regarding your eligibility for the Program.

3. The local agency will make health services, nutrition education, and breastfeeding support available to you, and you are encouraged to participate in these services.

PARTICIPANT RESPONSIBILITIES

1. Using eWIC card correctly when purchasing WIC items at the store.

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. Not being on WIC in more than one clinic at a time (in-state or out-of-state).

Your rights and obligations under the program also include not selling, attempting to sell or trade WIC foods, formula, WIC issued breast pumps, breastfeeding supplies, or eWIC card on social media sites (ex: Facebook, Craigslist, Ebay, community garage sales, etc.).

YOUR RIGHTS & RESPONSIBILITIES

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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

This institution is an equal opportunity provider.

FOR THE INDIANA WIC PROGRAM

QUESTIONS?

Just call 800-522-0874 or contact your local WIC clinic.

• are unable to keep a scheduled appointment.

• give birth.

• need help or support with 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.

NOTIFY THE WIC OFFICE IF YOU:
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
• eWIC card to buy healthy foods
• Health and social service referrals
• Immunization screening and referrals
• Tips for eating well to improve health

WIC NUTRITION STAFF MEET WITH EACH WIC CLIENT TO:
• Review nutrition and health behaviors
• Provide individual nutrition advice
• Support families making changes for better health
• Offer a selection of healthy foods

WHAT TO BRING
TO YOUR WIC APPOINTMENT:

☑ Each person who is applying for WIC.
☑ A parent, guardian, or caretaker of an infant or child who is applying for WIC.
☑ 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

☑ Proof of Income. Income documents for everyone in your household 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 SNAP.

Proof of eligibility is needed:
• Medicaid card for Medicaid
• Award letter for TANF or SNAP

☑ Immunization Record(s) for all infants and children up to age 2 years who are applying for WIC.

Household Clients:

___________________________  ____________________________
___________________________  ____________________________
___________________________  ____________________________
___________________________  ____________________________
ONLINE NUTRITION EDUCATION

There is no limit to how often or how much you can learn. Log in anytime 24/7 from your computer, tablet or smart phone!

wichealth.org
connecting for a healthy future

Over 20 lessons available in English and Spanish

HOW TO GET STARTED:

1. Go to wichealth.org and create an account.

2. Choose and complete a lesson. Answer the survey to receive your certificate.

3. Receive credit from your local clinic.

Examples of lessons available:
- Eat Well – Spend Less!
- Preparing for a Healthy Pregnancy
- Starting Your Infant on Solid Foods
- Make Meals and Snacks Simple
- Secrets For Feeding Picky Eaters

wichealth.org
en Español

KEEP YOUR SCHEDULED WIC APPOINTMENT FOR FOLLOW-UP!

wichealth problems?
Try clicking the help tab on the top of the page to submit a message. All questions are answered within 24 hours.

QUESTIONS ABOUT THE APP?
ASK YOUR WIC CLINIC ASSOCIATE!

DOWNLOAD
The INWIC App Today

CHECK BENEFIT BALANCE
SCAN UPC CODES WHILE SHOPPING TO SEE IF THE ITEM IS WIC APPROVED
GET ALERTS FOR APPOINTMENT REMINDERS AND EXPIRING BENEFITS
FIND WIC APPROVED STORES AND FOODS

Search “INWIC” or “Indiana WIC”

ONLINE NUTRITION EDUCATION AND INWIC APP

Questions about the App?
ASK YOUR WIC CLINIC ASSOCIATE!
WIC APPROVED FOODS

INFANT FOOD

FRUITS & VEGETABLES
4 oz. jar, 4 oz. tub 2 pack or 2 oz. tub 2 pack
Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).

Not included: Organic, pouches, mixtures with cereal, casseroles, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles) meat sticks, added sugar, starch, salt, or DHA.

MEATS
2.5 oz. container
(Meat only, may include broth or gravy)
Available items:
• Turkey & Broth
• Beef & Broth
• Chicken & Broth
• Ham & Broth

TIPS FOR BUYING INFANT FOOD

<table>
<thead>
<tr>
<th>OUNCES</th>
<th>4 OZ JAR OR 2 OZ TWO-PACK</th>
<th>4 OZ TWO-PACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>128</td>
<td>32</td>
<td>16</td>
</tr>
<tr>
<td>96</td>
<td>24</td>
<td>12</td>
</tr>
<tr>
<td>64</td>
<td>16</td>
<td>8</td>
</tr>
<tr>
<td>32</td>
<td>8</td>
<td>4</td>
</tr>
</tbody>
</table>

INFANT CEREAL
ANY GRAIN OR MULTIGRAIN
8 or 16 oz. container

Not included: Organic, canned, formula, fruit, or variety packs, DHA, quinoa.

BREAST MILK
Complete nutrition for your baby.

INFANT FORMULA
Brand, type, and size specified on benefits balance. No substitutions.

MILK

FLUID MILK
Least expensive brand.
Product type and size listed on benefits balance
• Whole or Vitamin D
• Reduced-fat (2%)
• Low-fat (½ or 1%) or fat-free (skim)

Not included: Organic, flavored, imitation, buttermilk, Milnot, Vitamite, or glass bottles.

SPECIALTY MILK
As listed on benefits balance.
• Evaporated: 12 oz.
• Lactose-free: quart or ½ gallon*
• UHT
• Powder: All Sizes
• 8th Continent Soymilk Original only, ½ gallon
• Silk Soymilk Original only, ½ gallon
• Great Value Soymilk Original only, ½ gallon
* Two one-quart cartons may be substituted for ½ gallon if ½ gallons are not available.

EGGS

U.S. MADE, PREPACKAGED
8 oz. or 16 oz. only
Any type of the following flavors or combinations of flavors:
• American - pasteurized processed
• Cheddar
• Colby
• Colby-Jack
• Monterey Jack
• Mozzarella
• Swiss
• Muenster
• Provolone
• String

Not included: Greek, organic, premium, light, mix-ins, individually sold cups, or more than 40 grams of sugar per cup.

CHEESE

U.S. MADE, PREPACKAGED
8 oz. or 16 oz. only
Any type of the following flavors or combinations of flavors:
• American - pasteurized processed
• Cheddar
• Colby
• Colby-Jack
• Monterey Jack
• Mozzarella
• Swiss
• Muenster
• Provolone
• String

Not included: Organic, cheese from deli area, cheese food, cheese product, substitute or spread, imitation or individually wrapped cheese slices, spiced, flavored, or imported.
FRUITS AND VEGETABLES

ORGANIC OR NON-ORGANIC
Dollar amount specified on shopping list.

FROZEN
- Fruit without added sweeteners
- Non-potato vegetables

Not included: Any type of frozen potato. Products with added sweetener, oils, fats, herbs or spices; creams, sauces or breading.

FRESH
- Whole or cut
- Plain bagged salad

Not included: Pickled vegetables, olives, herbs or spices, nuts, salad bar items, edible blossoms, ornamental or decorative pumpkins, or party trays with dip, dressing, or croutons.

REMEMBER
The Cash Value Benefits you use to buy fruits and vegetables are loaded to your eWIC card each benefit period. If the fruits and vegetables you buy cost more than your benefits, you will have to either pay the difference with your own money, or choose to purchase less. No cash back or gift cards are allowed.

WHEN PURCHASING FRUITS & VEGETABLES

<table>
<thead>
<tr>
<th>PRICE PER POUND</th>
<th>1½</th>
<th>2</th>
<th>2½</th>
<th>3</th>
<th>3½</th>
<th>4</th>
<th>4½</th>
<th>5</th>
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<tbody>
<tr>
<td>$0.69</td>
<td>$1.04</td>
<td>$1.38</td>
<td>$1.73</td>
<td>$2.07</td>
<td>$2.42</td>
<td>$2.76</td>
<td>$3.11</td>
<td>$3.45</td>
</tr>
<tr>
<td>$0.99</td>
<td>$1.49</td>
<td>$1.98</td>
<td>$2.48</td>
<td>$2.97</td>
<td>$3.47</td>
<td>$3.96</td>
<td>$4.46</td>
<td>$4.95</td>
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<td>$1.49</td>
<td>$2.24</td>
<td>$2.98</td>
<td>$3.73</td>
<td>$4.47</td>
<td>$5.22</td>
<td>$5.96</td>
<td>$6.71</td>
<td>$7.45</td>
</tr>
<tr>
<td>$1.69</td>
<td>$2.54</td>
<td>$3.38</td>
<td>$4.23</td>
<td>$5.07</td>
<td>$5.92</td>
<td>$6.76</td>
<td>$7.61</td>
<td></td>
</tr>
<tr>
<td>$1.99</td>
<td>$2.99</td>
<td>$3.98</td>
<td>$4.98</td>
<td>$5.97</td>
<td>$6.97</td>
<td>$7.96</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2.49</td>
<td>$3.74</td>
<td>$4.98</td>
<td>$6.23</td>
<td>$7.47</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

✓ Consider purchasing fixed price items.
✓ 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.
**CEREAL**

12 oz., 18 oz., 24 oz., or 36 oz. only (11.8 oz. and 23.7 oz. Instant Oatmeal allowed as an exception)

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

**B&G FOODS**

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Whole Grain</th>
<th>2½ Minute</th>
<th>Instant</th>
<th>Instant</th>
<th>Original</th>
</tr>
</thead>
</table>

**GENERAL MILLS**

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Corn</th>
<th>Rice</th>
<th>Blueberry</th>
<th>Multigrain</th>
<th>Regular only</th>
</tr>
</thead>
</table>

**KELLOGG'S**

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Corn</th>
<th>Honey</th>
<th>Berry Berry</th>
<th>Original</th>
</tr>
</thead>
</table>

**MALT-O-MEAL**

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Original</th>
<th>Chocolate</th>
<th>Blueberry</th>
<th>Crispy Rice</th>
</tr>
</thead>
</table>

**POST**

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Original</th>
<th>Vanilla Bunches</th>
<th>Pecan &amp; Maple Brown Sugar</th>
<th>Cinnamon Bunches</th>
<th>Whole Grain Honey Crunch</th>
</tr>
</thead>
</table>

**QUAKER**

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Almonds</th>
<th>Whole Grain Almond Crunch</th>
<th>Honey Roasted</th>
<th>Original</th>
<th>Original</th>
</tr>
</thead>
</table>

**STORE BRANDS**

<table>
<thead>
<tr>
<th>Cereal</th>
<th>corn flakes</th>
<th>crispy rice</th>
<th>oatmeal</th>
<th>Frosted Shredded Wheat</th>
<th>Toasted Oats</th>
<th>Rice Squares</th>
<th>Corn Squares</th>
</tr>
</thead>
</table>

Cereal Store Brands:
Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, IGA, Kiggins, Kroger, Meijer, Our Family, Schnucks, Shurfine, Signature Kitchen

- **g** = Gluten free
- **=** A minimum of 51% whole grain cereal
- **=** 100% Daily Value of Folic Acid
### WHOLE GRAINS

#### BREAD
16 oz. only. Whole wheat or whole grain loaf.
- **Aunt Millie’s**
  - 100% Whole Wheat
  - Healthy Goodness
  - Whole Grain White
- **Best Choice**
  - 100% Whole Wheat
- **Bimbo**
  - 100% Whole Wheat
- **Bunny**
  - 100% Whole Wheat
- **Butternut**
  - 100% Whole Wheat
- **Essential Everyday**
- **Family Choice**
  - 100% Whole Wheat
- **Holsum**
  - 100% Whole Wheat
- **IGA**
  - 100% Whole Wheat
- **Kroger**
  - 100% Whole Wheat
- **Lewis Bake Shop**
  - 100% Whole Wheat
- **Meijer**
  - 100% Whole Wheat
- **Nature’s Own**
  - 100% Whole Grain Sugar Free
  - 100% Whole Wheat w/ Honey
- **Our Family**
  - 100% Whole Wheat
- **Pepperidge Farms**
  - Stone Ground
  - 100% Whole Wheat
  - 100% Whole Wheat Cinnamon w/ Raisins Swirl
  - Light Style 100% Whole Wheat
  - Very Thin 100% Whole Wheat
- **Roman Meal**
  - Sungrain 100% Whole Wheat
- **Sara Lee**
  - Classic 100% Whole Wheat
- **Schnuck’s**
  - 100% Whole Wheat
- **Schwebel**
  - 100% Whole Wheat
- **Signature Kitchens**
  - 100% Whole Wheat
- **Sunbeam**
  - 100% Whole Wheat
- **Village Hearth**
  - 100% Whole Wheat
- **Wonder**
  - 100% Whole Wheat

#### BEANS, PEAS & LENTILS

<table>
<thead>
<tr>
<th>CANNED (15 - 64 oz.)</th>
<th>DRY (1 lb. bag (16 oz.))</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any type</td>
<td>Any type</td>
</tr>
</tbody>
</table>

**Not included:** Organic, boxed, baked beans, canned green beans, canned peas, wax beans, soups, added sugars, fats, oils, added seasoning, or meats.

### PEANUT BUTTER

#### CREAMY, CRUNCHY OR EXTRA CRUNCHY
16 - 18 oz. jars

**Not included:** Organic, natural, premium, spread, or mixed with other items, Reese’s.

### FISH

**FOR FULLY BREASTFEEDING MOMS.

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

<table>
<thead>
<tr>
<th>Cans only</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chunk Light Tuna: any size</td>
</tr>
<tr>
<td>Pink Salmon: any size</td>
</tr>
</tbody>
</table>

**Not included:** Organic, Albacore or Yellow Fin, white, solid, fresh, frozen, pouches, flavored, premium brandSeas, Red salmon, and sardines.

### WHOLE GRAINS, BEANS, PEANUT BUTTER, FISH

#### BROWN RICE
14 - 16 oz.

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

**Not included:** Organic

#### WHOLE WHEAT PASTA
16 oz. only

Any brand, any shape whole wheat pasta.

**Not included:** Organic

#### TORTILLAS
16 oz. only

- **Best Choice**
  - Whole Wheat or Corn
- **Chi-Chi’s**
  - Whole Wheat or Corn
- **Don Pancho**
  - Whole Wheat
- **Essential Everyday**
  - Corn Tortillas 5½”
  - Whole Wheat 8” Whole Grain
- **Food Club**
  - Whole Wheat
- **Great Value**
  - Whole Wheat
- **Hy-Top**
  - Yellow Corn Tortillas
- **La Banderita**
  - Whole Wheat or Corn
- **Mi Casa**
  - Whole Wheat
- **Mission**
  - Whole Wheat or Corn
- **Ortega**
  - Whole Wheat
- **Our Family**
  - Yellow Corn
  - White Corn
- **Schnucks**
  - Whole Wheat
- **Signature Kitchens**
  - Whole Wheat
- **Tio Santi**
  - Whole Wheat
**JUICE**

Size is specified on benefits balance.

**100% Juice (Fruit or Vegetable) and at least 72 mg or 120% Vitamin C.**

Any flavor, blend or brand

**SHELF STABLE OR REFRIGERATED**

64 oz. container. For children only

**SHELF STABLE**

46 oz. - 48 oz. container. For women only

**FROZEN CONCENTRATE**

11.5 oz. - 12 oz. For women only

**NON-FROZEN CONCENTRATE**

11.5 oz. - 12 oz. For women only

*Not included:* Organic, premium, or cocktails.

---

**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. You may request a Verification of Certification form from your local WIC office. This form includes information needed to transfer your household from Indiana WIC to the WIC clinic in your new state.

**WHAT IS A PROXY?**

A proxy is someone you trust. You give this person permission to use your eWIC card if you can’t go to the store. You must make sure your proxy understands what foods to buy and how to use the eWIC card.

Be careful if you give someone your card and PIN as they could redeem all of your WIC benefits. These benefits will NOT be replaced. Only give your card and PIN to people you have selected as proxies.

**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.

**CURIOS ABOUT REFERRALS?**

Ask your WIC staff about services in your area. During your enrollment in WIC, referrals will be made to Medicaid and social service providers. 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
- 1-800-QUIT NOW
- Maternal and Child Health Programs
- Nutrition Education Program offered by Cooperative Extension Services
Every mother can help her baby develop and grow with her own breast milk. It's also a healthy, affordable solution.

**HEALTHY FOR MOMS**
- Boosts weight loss after pregnancy
- Helps keep your bones strong, which will protect you from osteoporosis in the future
- Less prep work for you – milk is readily available at the right temperature
- Reduces risk of type 2 diabetes, and also reduces the risk of breast and ovarian cancers.

**HEALTHY FOR BABIES**
- Best possible nutrition
- Easy to digest
- Helps prevent chronic diseases like diabetes, asthma, heart disease, and cancer
- Reduces risk of SIDS, ear infections, RSV, and diarrhea
- Promotes brain growth. Studies show that children who were breastfed have higher IQs.

**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.
HOW TO USE YOUR INDIANA eWIC CARD

USING YOUR eWIC CARD

Most stores process WIC in all checkout lanes. Look for Indiana eWIC Card Accepted Here signs in stores with select WIC lanes. Check with your store to better understand their process. The following steps describe the general process for completing a WIC transaction and may differ slightly from store to store.

☑️ With your eWIC card, current benefit balance and WIC Program Booklet or IN WIC app, select the food items you need.

☑️ When you are done shopping, choose a checkout lane that accepts WIC.

☑️ Some stores require you to separate WIC items from other purchases. Ask if this is needed.

☑️ Tell the cashier that you are using an Indiana eWIC Card.

☑️ The cashier scans items to confirm they are WIC approved and included within your family’s authorized food package.

☑️ You or the cashier swipes the eWIC card.

☑️ Enter your four digit PIN.

☑️ The cashier gives you a receipt. Make sure you leave with your card and receipt.

WHAT IF I LOSE/DAMAGE MY eWIC CARD?

If you lose or damage your eWIC card, call Customer Service at 1-855-349-1454 to cancel your card and then go to your clinic to be issued a new card. This number is also located on the back of your Indiana eWIC Card. You can call this number, free of charge, 24 hours a day, 7 days a week.

WHEN SHOULD I CALL CUSTOMER SERVICE?

• If your eWIC card is lost or stolen.
• If your eWIC card is damaged or will not work.
• If someone is using your eWIC card without your approval.
• If you forget your PIN or would like to reset your PIN.
• If you have questions or need help with your eWIC card.

HOW DO I TAKE CARE OF MY eWIC CARD?

• Keep your card safe and clean.
• DO NOT throw it away if all of the benefits have been used. The same card is used every month.
• Keep the black strip on the back free from scratches.
• DO NOT bend, fold or twist it, punch holes, or use it to scrape windshields or open door locks.
• DO NOT store it near magnets or electrical equipment like mobile phones.
• DO NOT leave it in the sun or other hot places like the dashboard of your car.

CHECK YOUR BALANCE

You can get a benefit balance by checking your last store receipt, by calling Customer Service at 1-855-349-1454, by using your IN WIC app, and by accessing the Cardholder Website at https://www.connectebt.com/inwicclient/reciplogin_client.jsp
**TIPS & REMINDERS**

**DON’T FORGET TO KEEP YOUR APPOINTMENT FOR YOUR WIC BENEFITS.**

Your clinic will note the appointment on the back of this booklet. If you receive your benefits late you may get less food for the month.

You get your WIC benefits on your Indiana eWIC card during your WIC clinic visit. You will receive a list of your household’s WIC benefits for the current benefit month and for future benefit months. It shows the start and end dates for the benefit months.

**KEEP APPOINTMENTS**

Call your WIC clinic if you need to reschedule.

**USE eWIC CARDS CORRECTLY.**

Shop where eWIC cards are welcome. Buy only the foods listed on the shopping list. Use your benefits before they expire. Review your eWIC receipt or benefit balance in the WIC app after purchasing WIC foods at the store.

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

**KEEP YOUR WIC PROGRAM BOOKLET.**

- Take it to the store to help identify WIC approved foods.
- Take it to the clinic to note appointments.

**SHOP SMART!**

- Plan how to use your eWIC card 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.

**CONSIDER BREASTFEEDING YOUR BABY.**

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

**SELECT AUTHORIZED PACKAGE SIZES.**

If you try to buy package sizes that are not approved in your benefits, your eWIC card will not cover them and you will have to buy them yourself.

**WIC FOODS CANNOT BE RETURNED TO THE STORE FOR CREDIT OR CASH OR EXCHANGED FOR OTHER ITEMS.**

**BE POLITE TO THE CASHIER.**

- If you have trouble using your benefits or finding WIC foods at the grocery store, call your local WIC clinic to let us know so we can help.
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WIC PROVIDES GOOD FOOD AND A WHOLE LOT MORE

WIC NUTRITION STAFF MEET WITH EACH WIC CLIENT TO:
• Review nutrition and health behaviors
• Provide individual nutrition advice
• Support families making changes for better health
• Offer a selection of healthy foods

HOUSEHOLD CLIENTS:
STOP Buying, selling, or trading WIC benefits is NOT ALLOWED. If suspected of these actions, you may:
× REPAY IN CASH the value of the food/formula benefits; or
× LOSE YOUR BENEFITS from the WIC program.

ABSOLUTELY NO:

If you have questions or concerns, see your local WIC staff, contact the State WIC office at 1-800-522-0874 or email INWICFraud@isdh.in.gov.

NOTIFY THE WIC OFFICE IF YOU:
• are unable to keep a scheduled appointment.
• give birth.
• need help or support with 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.

DATE  TIME  PURPOSE OF VISIT
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YOUR RIGHTS & RESPONSIBILITIES
FOR THE INDIANA WIC PROGRAM

PARTICIPANTS RIGHTS
1. The standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, age, handicap, or sex.
2. You may appeal any decision made by the local agency regarding your eligibility for the Program.
3. The local agency will make health services, nutrition education, and breastfeeding support available to you, and you are encouraged to participate in these services.

PARTICIPANT RESPONSIBILITIES
1. Using eWIC card correctly when purchasing WIC items at the store.
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. Not being on WIC in more than one clinic at a time (in-state or out-of-state).

Your rights and obligations under the program also include not selling, attempting to sell or trade WIC foods, formula, WIC issued breast pumps, breastfeeding supplies, or eWIC card on social media sites (ex: Facebook, Craigslist, Ebay, community garage sales, etc.).

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

WWW.WIC.IN.GOV

The information in this booklet is subject to change.

To contact your local WIC clinic, call 800-522-0874.

Follow us on Twitter: www.twitter.com/indianaWIC