



PROGRAM BOOKLET

INFORMATION FOR CLIENTS

EFFECTIVE OCTOBER 1, 2019



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

HOUSEHOLD CLIENTS:

_____	_____
_____	_____
_____	_____
_____	_____



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.

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!



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

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.

— 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"



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).

MEATS


2.5 oz. container

Meat only, may include broth or gravy.

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.

TIPS FOR BUYING INFANT FOOD

OUNCES	4 OZ. JAR OR 2 OZ. TWO-PACK	4 OZ. TWO-PACK
128	32	16
96	24	12
64	16	8
32	8	4



INFANT CEREAL

ANY GRAIN OR MULTIGRAIN

8 or 16 oz. container



Not included: Organic, canned, variety packs, added formula, fruit, 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, quart or 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

LARGE OR EXTRA LARGE WHITE EGGS

1 dozen

Least expensive brand only.

Not included: Organic.

YOGURT

1 Quart = to 32 oz. tub or
Multipack = to 16 or 32 oz.
of cups or tubes

Any flavor: fat free, low fat, or whole fat.

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
- Colby
- Colby-Jack
- Monterey Jack
- Cheddar
- Mozzarella
- Muenster
- Provolone
- String
- Swiss

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.

CANNED

- Any brand
- Fruits in 100% fruit juice or water
- Regular, low sodium or no salt added vegetables

Not included: Fruit and vegetables with added sugar, syrups, sweeteners, seasonings, flavoring, fats, oils, herbs or spices, cream/cheese/butter sauce, pickled vegetables, tomato sauces, soups, salsas, mixtures with meat or legumes.

REMEMBER

Fruit and Vegetable Cash Value Benefits are redeemable up to the amount stated on the benefits balance.

WHEN PURCHASING FRUITS & VEGETABLES

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

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



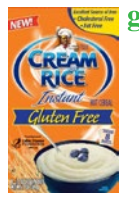
Whole Grain



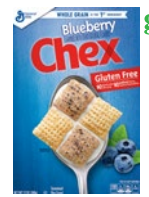
2 1/2 Minute



Instant



Instant



Blueberry

GENERAL MILLS



Cinnamon



Corn



Rice



Multigrain



Regular only

KELLOGG'S



Corn



Honey



Berry Berry



Original



Original



Original Bite Size



Original no fruit



Original



Original

g* = Gluten free
 🌾 = A minimum of 51% whole grain cereal
 ✓FA = 100% Daily Value of Folic Acid

MALT-O-MEAL



Original



Chocolate



Strawberry Cream



Blueberry



Crispy Rice



Frosted

POST



Original



Almonds



Cinnamon Bunches



Honey Roasted



Vanilla Bunches

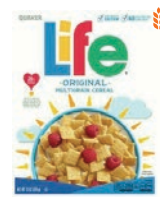
QUAKER



Whole Grain Almond Crunch



Whole Grain Honey Crunch



Original

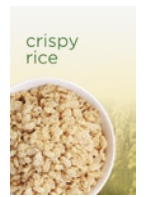


Original

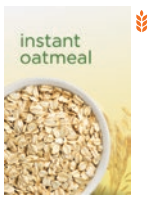
STORE BRANDS



Corn Flakes



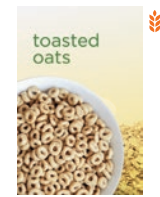
Crispy Rice



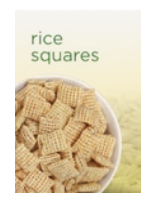
Instant Oatmeal



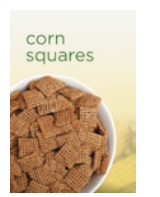
Frosted Shredded Wheat



Toasted Oats



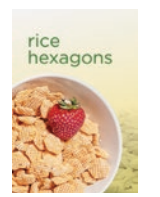
Rice Squares



Corn Squares



Corn Hexagons



Rice Hexagons

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

WHOLE GRAINS

BREAD

16 oz. only. Whole wheat or whole grain loaf.



Aunt Millie's
• 100% Whole Wheat
• Healthy Goodness Whole Grain White



Family Choice
100% Whole Wheat



Nature's Own
• 100% Whole Grain Sugar Free
• 100% Whole Wheat w/ Honey



Roman Meal
Sungrain 100% Whole Wheat



Signature Select
100% Whole Wheat



Best Choice
100% Whole Wheat



IGA
100% Whole Wheat



Our Family
100% Whole Wheat



Sara Lee
Classic 100% Whole Wheat



Sunbeam
100% Whole Wheat



Bimbo
100% Whole Wheat



Kroger
100% Whole Wheat



Pepperidge Farms

- Stone Ground 100% Whole Wheat
- 100% Whole Wheat Cinnamon w/ Raisins Swirl
- Light Style Soft Wheat
- Light Style 100% Whole Wheat
- Very Thin 100% Whole Wheat
- Whole Grain Rye



Schnuck's
100% Whole Wheat



Village Hearth
100% Whole Wheat



Bunny
100% Whole Wheat



Lewis Bake Shop
• Healthy Life 100% Whole Wheat
• Healthy Life Sugar Free 100% Whole Wheat



Schwebel
100% Whole Wheat



Wonder
100% Whole Wheat



Butternut
100% Whole Wheat



Meijer
100% Whole Wheat



Shoppers Value
100% Whole Wheat

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

OATS

16 oz. only.

Any brand, quick, rolled, gluten free or old fashioned oats.

Not included: Organic, steel-cut oats, added sugar, fat, oil, or salt.

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
• Corn

Celia's
• Whole Wheat
• Yellow Corn
• White Corn

Chi-Chi's
• Whole Wheat
• 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

IGA
• Whole Wheat

Kroger
• Whole Wheat
• Gluten Free Yellow Corn

La Banderita
• Whole Wheat
• Corn

Meijer
• Whole Wheat 8"

Mi Casa
• Whole Wheat

Mission
• Whole Wheat
• Corn

Ortega
• Whole Wheat

Our Family
• Yellow Corn
• White Corn
• Whole Wheat

Schnucks
• Whole Wheat

Signature Select
• Whole Wheat

Tio Santi
• Whole Wheat

BEANS, PEAS, & LENTILS

CANNED

15 - 64 oz.

• Any type

DRY

1 lb. bag (16 oz.)

• Any type

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.

TOFU

14 - 16 oz.

Any texture, regular or organic.

Not included: Added fats, sugars, sweeteners, oils, sodium, flavoring, seasoning, fried tofu.

FISH

FOR FULLY BREASTFEEDING MOMS.

PACKED IN WATER, OIL, OR VEGETABLE BROTH

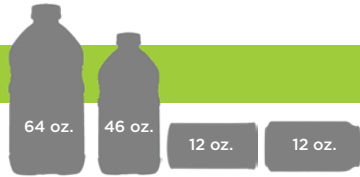
Cans only.

- Chunk Light Tuna: any size
- Pink Salmon: any size

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

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 or premium.



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. 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.

CAN WIC HELP FIND OTHER SERVICES FOR MY FAMILY?

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



BREASTFEEDING IS HEALTHY FOR BABY

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.

BREASTFEED!

MOM & BABY GET MORE FOOD

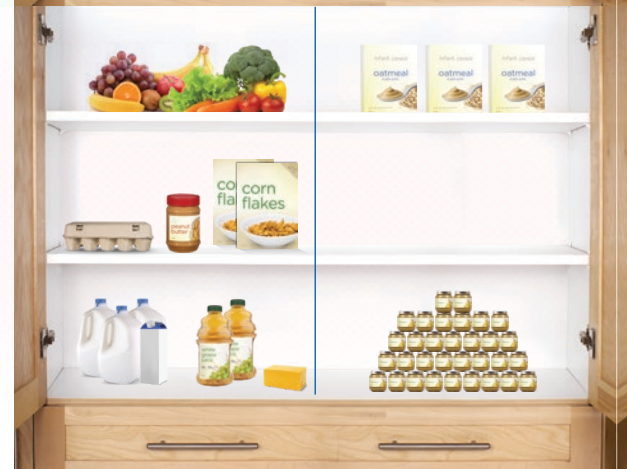
Exclusively
Breastfeeding
Up to 1 Year



Partially
Breastfeeding
Up to 1 Year



Not
Breastfeeding
Up to 6 Months



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.

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

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.



WHAT TO BRING TO THE GROCERY STORE:

- ✓ eWIC Card
- ✓ WIC Program Booklet
- ✓ Use the WIC App on your phone to find WIC approved foods.



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.

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.



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

WIC APPOINTMENTS

HOUSEHOLD ID# _____

CLINIC CODE _____

DATE	TIME	PURPOSE OF VISIT		
		Cert/Mid-Cert	Nutrition/ Breastfeeding	Benefit Issuance
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				



IMPORTANT INFORMATION

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:

- TRADING**
- facebook.**
- craigslist**

- ebay™**
- CASH**
- GARAGE SALES**

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.



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.



Indiana State
Department of Health

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