

Notes:

References:

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National Academy of Sciences, National Research Academy Press, 1989.

Wardlaw, W. Perspectives in Nutrition. WBC McGraw Hill, 1999.



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Welcome to WIC

the nutrition program that helps mothers and young children eat well and stay healthy.

Who is WIC for?

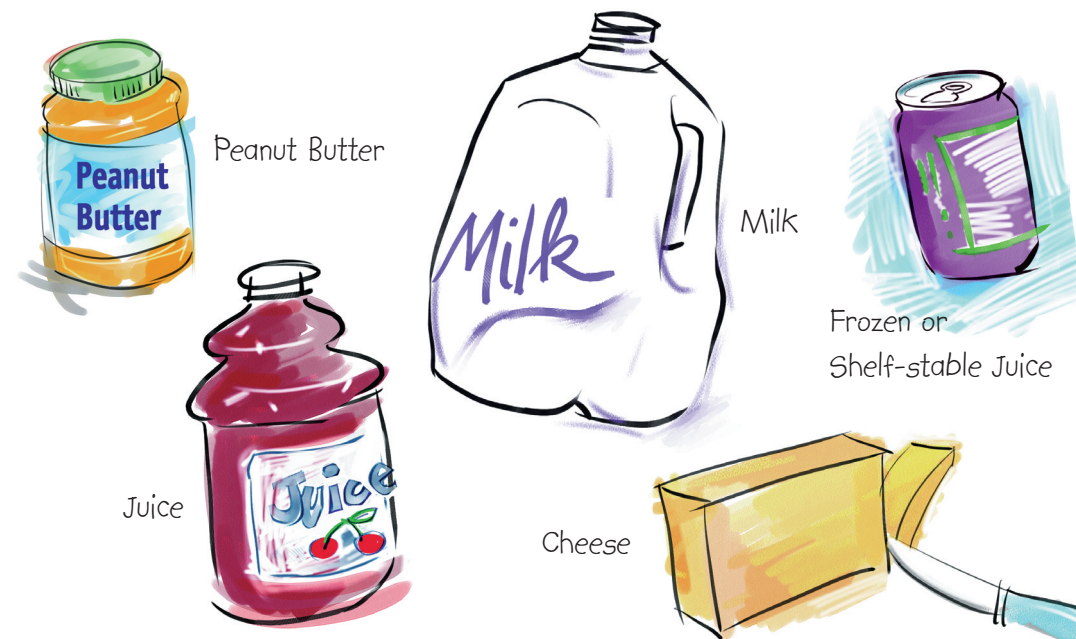
- Women who are pregnant, breast-feeding or whose pregnancy recently ended
- Infants under 12 months old
- Children under 5 years old

What can you get from WIC?

- Checks to buy foods to keep you healthy
- Nutrition and health education to help you and your children eat well and be healthy
- Personal counseling about nutrition
- Support and help with breast-feeding
- Referrals to other health programs for you and your family

To get WIC, you need to:

- Meet the WIC income guidelines
- Have a need for improved nutrition



Foods you can buy with a WIC check...



WIC foods are high in protein, iron, calcium, Vitamins A, B, C and D, folate and Zinc.

Nutrients in WIC Foods

Nutrient	WIC Food Source	What It Does
Iron (a mineral)	Cereals, dried beans, peas, lentils, eggs	Necessary for making healthy red blood cells
Calcium (a mineral)	Milk, cheese	Helps build strong teeth and bones and helps muscles work
Vitamin A	Carrots, milk (whole or fortified), cheese, eggs	Necessary for healthy eyes, skin and bones
Vitamin C	Citrus fruit juices, juices fortified with Vitamin C	Necessary for healthy gums, tissue, bones and teeth. Helps the body use iron to make healthy red blood cells & help fight infections
Vitamin D	Milk, eggs	Necessary for strong bones and teeth
Folate	Orange juice, eggs, cereals, lentils, dried beans, peas	Assists in making healthy red blood cells
Protein	Milk, cheese, eggs, dried beans, peas, lentils, peanut butter, tuna	Necessary for growth, upkeep, and repair of body cells
Zinc (a mineral)	Dried beans, peas, lentils, eggs, milk, cheese, cereals	Needed for cell growth and repair
Vitamin B6	Eggs, tuna	Needed for normal growth

All approved Missouri WIC cereals are fortified with vitamins or minerals.

WIC foods are a prescription for good health. Remember WIC foods are intended only for the person on WIC.

Since WIC is furnishing these nutritious supplemental foods, you can use your money to buy other nutritious foods like fruits, vegetables, meats and fish for you and your children.

What should I do to help the WIC program work for me?

- Keep your WIC appointments. If you can't keep an appointment, please call your local WIC office right away. The WIC staff works hard to see you at your appointment time, so please try your best to be on time.
- Always take your WIC ID Folder to your WIC appointments and to the store. Take your WIC Approved Food List with you to the store to help you shop.
- Buy the right foods and the right amounts with your checks.
- Use your WIC foods for you and your family. They can't be returned to the store for money or given away or sold to someone else.
- Be sure to bring the information that the WIC staff needs when they ask for it.
- Tell the WIC staff about any changes in your name, address or phone number.
- If you are going to move, notify your WIC staff.

Welcome to WIC!

We're happy to have you with us, and we want to help you and your children eat well and stay healthy! If you have any questions about WIC, please ask your WIC staff.

Learning about your WIC Check

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES WIC PROGRAM

ISSUER ID: 14719975

DATE USED: 08-14-80

PURCHASE PRICE: \$100.00

PAY EXACTLY

LAST DATE TO USE: 08-14-80

FOOD PRESCRIPTION

Remember...
Keep your WIC checks safe.
Handle them like cash.

Using your WIC check:

- Before you go shopping tear off the checks you will be using.
- Be sure to choose only the foods that are on your WIC check.
- Separate your WIC foods from other foods you are buying.
- Tell the cashier that you are using a WIC check.
- Show the cashier your WIC ID Folder.
- Sign your checks after the cashier enters the purchase price, don't sign before then.
- The Cashier will match your signature with one on your ID Folder.
- If you get two months of checks, be sure to use the right month first.

What happens at my WIC appointments?

You will visit with a Health Professional. He or she will give you suggestions and ideas about healthy eating for you and your children. At other times, you may join with other WIC participants for a nutrition or health class.

What do I need to do to stay on WIC?

During some visits, the WIC staff will check to see if you or your child is still eligible. This is called a certification. You will need to bring:

- Proof of identification
- Proof of your income
- Proof of your address

How long can I stay on WIC?

If you meet the income and health or nutrition guidelines, you can stay on WIC:

- During pregnancy or breast-feeding until one year after your baby is born. If not breast-feeding, until six months after your baby is born or your pregnancy ended.
- For infants and children: Until your child's nutrition problem has improved or until your child reaches his or her fifth birthday, whichever comes first.

