



Women, Infants, and Children Overseas Program

Receive supplemental food, nutrition education, and health screenings overseas

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Program to eligible overseas beneficiaries. The WIC Overseas Program provides participants and their families with important benefits, including:

- Nutrition and health screenings
- Nutritious food
- Tips on how to prepare balanced meals
- Access to other resources that help you and your family lead healthier lives

ELIGIBILITY

The WIC Overseas Program is available to eligible participants living overseas, including:

- Active duty service members and their family members
- DoD civilian employees and their family members
- DoD contractors and their family members

Those who may be eligible for the WIC Overseas Program include:

- Expectant mothers—during pregnancy and throughout the first six weeks after giving birth
- Mothers—until the infant is 6 months old if bottle-feeding or 1 year old if breast-feeding
- Infants and children—until the end of the month in which they turn age 5

Contact your local WIC Overseas office to determine if you and your children are eligible for the WIC Overseas Program. WIC Overseas counselors determine eligibility by evaluating

income, family size, and other criteria. If you are eligible, the counselor will help you get started and determine how long you can participate in the program. Visit www.tricare.mil/wic to locate the nearest WIC Overseas office.

Note: If you are enrolled in the WIC Program in the United States and have transferred overseas, call your local WIC Overseas office to see if you remain eligible to participate in the WIC Overseas Program.

WIC OVERSEAS PROGRAM BENEFITS

The WIC Overseas Program is designed to supplement the food you regularly buy with additional nutritious foods. WIC Overseas Program staff will provide ideas for meal planning, food preparation, and recipes that are nutritious, delicious, and easy to prepare. Your counselor will give you an approved food list and redeemable food checks called “drafts,” which you redeem for specific foods and quantities in overseas commissaries and NEXMARTs (*drafts are accepted only at these overseas stores*).

Food items generally available through the WIC Overseas Program include:

- Milk
- Cheese
- Fresh fruits and vegetables
- Dried beans or peas
- Eggs
- Infant fruits and vegetables
- Iron-fortified infant formula and infant cereal
- Iron-fortified adult cereal

*This fact sheet is **not** all-inclusive. For additional information, please visit www.tricare.mil.*

- Peanut butter
- Vitamin C-rich fruit and/or vegetable juice
- Whole-grain bread and/or brown rice
- Canned tuna, salmon, and mackerel

In addition to providing nutritious foods and healthy meal planning, the WIC Overseas Program offers nutrition and health screenings for you and your children. These screenings may help identify health conditions early so that you can seek proper medical attention.

KEY POINTS TO REMEMBER

- There are **no** enrollment fees or costs. DoD offers the WIC Overseas Program free of charge to those who qualify.
- Substitutions on your drafts are **not** allowed. The commissary or NEXMART does not issue “rain checks” for items listed on your draft that are not in stock.
- If you cannot go shopping, another person may shop for you. Ask your WIC Overseas counselor for the appropriate paperwork, and remember that a power of attorney is needed for this person.

FOR INFORMATION AND ASSISTANCE

You can learn more about WIC Overseas Program benefits and eligibility or locate the nearest WIC Overseas office by:

- Visiting www.tricare.mil/wic
- Calling the WIC Overseas Program Manager at **1-877-267-3728**
- E-mailing the WIC Overseas Program at wicoverseas@choctawcontracting.com
- Contacting your base or installation information operator or TRICARE Area Office

An Important Note about TRICARE Program Information

*At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.*

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