

WIC Resource Guide

Who is eligible for WIC?

- A resident of VA
- be pregnant, breastfeeding, just had a baby, or have a child under five
- have nutritional need or health risks such as
 - For women:
 - Low maternal weight gain and weight loss, being overweight, high maternal weight gain
 - Medical, biochemical (anemia), or dietary risks
 - Homelessness
 - For infants and children:
 - Low birth weight, pre-maturity, underweight or overweight
 - Medical, biochemical (anemia), or dietary risks
 - Homelessness
 - Main caretaker that cannot prepare food or make feeding decisions
- You must meet income guidelines listed below

WIC Income Guide

Effective Dates: **April 9, 2012 to June 30, 2013**

Household #	Income				
	Annual	Monthly	Twice-Monthly	Bi-weekly	Weekly
1	\$20,665	\$1,723	\$862	\$795	\$398
2	27,991	2,333	1,167	1,077	539
3	35,317	2,944	1,472	1,359	680
4	42,643	3,554	1,777	1,641	821
5	49,969	4,165	2,083	1,922	961
6	57,295	4,775	2,388	2,204	1,102
7	64,621	5,386	2,693	2,486	1,243
8	71,947	5,996	2,998	2,768	1,384
Each Additional Person	+ \$7,326	+ \$611	+ \$306	+ \$282	+ \$141

*Pregnant woman are counted as 2

What if I am homeless, am I still eligible?

- Yes, the homeless are one of WIC's top priorities.

How do I sign up for WIC?

- Call your local health department and they will refer you to the appropriate WIC location to make an appointment.

What should I bring to my appointment?

- Your child if the appointment is for him or her
- Proof of INCOME for entire family such as:
 - Pay stubs with the year to date income
 - W-2 form or income tax return for most current year
 - Unemployment notice from VEC (Virginia Employment Commission)
 - Social Security, Food Stamps, etc benefits or eligibility letters
 - Military Leaving and Earning Statement Basic Allowance for Housing (BAH), Split Pay Option, Advance Pay, and Family Subsistence Supplemental Allowance (FSSA) are NOT included as part of the family's month gross income.
 - AFDC Check Stub Free
 - Reduced school lunch letter of eligibility

- Foster care statement or
 - Medicaid card for current month
- Proof of identification for the individual to be enrolled such as:
 - Picture ID
 - Medicaid card
 - Social Security card OR
 - Birth Certificate.
- Proof of residency such as:
 - Utility bill
 - Driver's license OR
 - Other item with your name and current street address.
- If you are pregnant, a proof of pregnancy letter from a doctor, if available.
- Shot Record listing all shots given to child by doctor, clinic or medical facility.
- WIC ID folder for those individuals who have been on WIC before or currently have someone enrolled in the WIC Program.

What happens at my appointment?

1. Review of income.
2. Review of health and medical history.
3. Review of usual dietary intake and eating patterns.
4. Review of immunization record (children only).
5. Height & weight measurements taken.
6. Hemoglobin test performed (over 9 months of age).
7. Meet with health professional for determination of nutrition eligibility for program.
8. Discuss foods that will be received from WIC.
9. Learn nutrition & health information applicable for participant.
10. Learn about other helpful services & resources in the community.
11. Learn about how to use the WIC Food Instruments.
12. Make next appointment to pick up Food Instruments and receive additional nutrition education.

The appointment will last about 1-2 hours.

Who gets first priority for participation?

If WIC cannot serve all the eligible people who apply for benefits, a system of priorities has been established for filling program openings. Once a local WIC agency has reached its maximum caseload, vacancies are filled in the order of the following priority levels:

- Pregnant women, breastfeeding women, and infants determined to be at nutrition risk because of a nutrition-related medical condition.
- Infants up to 6 months of age whose mothers participated in WIC or could have participated and had a medical problem.
- Children at nutrition risk because of a nutrition-related medical problem.
- Pregnant or breastfeeding women and infants at nutrition risk because of an inadequate dietary pattern.
- Children at nutrition risk because of an inadequate dietary pattern.
- Non-breastfeeding, postpartum women with any nutrition risk.
- Individuals at nutrition risk only because they are homeless or migrants, and current participants who, without WIC foods, could continue to have medical and/or dietary problems.

What types of foods will I get?

- WIC foods include infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried and canned beans/peas, and canned fish. Soy-based beverages, tofu, fruits and vegetables, baby foods, whole wheat bread, and other

whole-grain options were recently added to better meet the nutritional needs of WIC participants.

- WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. For women who do not fully breastfeed, WIC provides iron-fortified infant formula. Special infant formulas and medical foods may be provided when prescribed by a physician for a specified medical condition

How long can I remain in the program?

- Since WIC is a short term program:
 - Pregnant women are certified up to 6 weeks past their estimated date of delivery after which they must undergo recertification.
 - Breastfeeding women are certified for 6 months at a time, up to 1 year from date of delivery, as long as they continue to breastfeed.
 - Postpartum women are certified for 6 months from the date of delivery.
 - Infants added prior to 6 months of age are certified up to their first birthday.
 - Infants added after 6 months of age are certified for 6 months.
 - Children are certified for 6 months at a time and care re-certify every 6 months until the child's 5th birthday.

What do I need to bring to my recertification?

- The same things that you brought to your first appointment and your WIC folder. You will be dismissed from the program if:
 - You do not pick up your WIC vouchers
 - You no longer meet risk (financial or nutritional) eligibility.
- This will take a half hour to an hour.

What grocery stores can I shop in?

- Participating stores have WIC signs in the front of the store to show you that they accept WIC vouchers. When you go for your appointment, a list of stores will be provided as well as how to use the vouchers.

What about breastfeeding?

- Women who breastfeed receive more foods than non-breastfeeding women as well as benefits for a year
- Women who choose to breastfeed also have access to breastfeeding peer counselors who have been enrolled in WIC at some point
- Breastfeeding woman also have access to electric breast pumps as well as manual breast pumps

What happens if I move?

- You must call your new WIC office to make an appointment. After that you will be placed at the top of the waiting list for your new WIC agency. You will continue to get benefits until the certification period expires as long as you have proof of receiving WIC benefits. Before moving, you should tell your WIC office so they can give you a card that shows you are enrolled in the program.

<http://www.fns.usda.gov/wic/howtoapply/whogetswicandhowtoapply.htm>

<http://www.vahealth.org/DCN/General%20Info/index.htm>

WIC Locations

Peninsula Health District:	
Peninsula Health Center WIC Clinic 416 J. Clyde Morris Boulevard Newport News, VA 23601 Phone: (757) 594-7502	York/Denbigh WIC Clinic 606 Denbigh Boulevard, Suite 304 Newport News, VA 23608 Phone: (757) 886-2810
East End Health Facility WIC Clinic 1033 28th Street Newport News, VA 23607 Phone: (757) 247-2184	Williamsburg/James City County WIC Clinic 1126 Professional Drive Williamsburg, VA 23185 Phone: (757) 253-4741
Chesapeake Health District:	
South Norfolk Health Center 490 Liberty St Chesapeake, VA 23324 Phone: (757) 382-2651	Chesapeake Health Department 748 N Battlefield Blvd Chesapeake, VA 23320 Phone: (757) 382-8608
Hampton Health District:	
LaSalle Center 1320 LaSalle Avenue Hampton, VA 23669-3801 Phone: (757) 727-1140	
Norfolk Health District:	
Huntersville 830 Goff Street Norfolk, VA 23504 Phone: (757) 683-9280/9281	Little Creek 207 E. Little Creek Road Norfolk, VA 23505 Phone: (757) 531-2150
Park Place 606 W. 29th Street Norfolk, VA 23508 Phone: (757) 683-9257	Berkley 925 S. Main Street Norfolk, VA 23423 Phone: (757) 494-2480
Western Tidewater Health District:	
Suffolk Health Department 135 Hall Avenue, Suite A Suffolk, VA 23434 Phone: (757) 514-4700	Isle of Wight County Health Department 919 South Church St. Smithfield, VA. 23431 Phone: (757) 357-4177
Franklin City Health Department 200 Fairview Drive Franklin, VA 23851 Phone: (757) 562-6109	Southampton County Health Department 26022 Administration Center Drive Courtland, VA 23837 Phone: (757) 653-3040
Portsmouth Health District:	
Portsmouth Health Department 1701 High St Portsmouth, VA 23704 Phone: (757) 393-8585	
Richmond City Health District:	
East Richmond Richmond Community Hospital 1500 North 28th Street Richmond, Virginia 23223	South Richmond Southside Community Service Center 4100 Hull Street Richmond, Virginia 23224-1745
Central Richmond (Downtown) 400 E. Main Street Richmond, Virginia 23219 Phone: (804) 482-5500	

Virginia Beach Health District:	
Pembroke Corporate Center III 4452 Corporation Lane Virginia Beach VA 23462 Phone: (757) 518-2789	Oceanfront 1091 Norfolk Avenue, Suite 204 Virginia Beach, VA 23451 Phone: (757) 491-5183
NAS Oceana Oceana Naval Air Station Bldg. 531 Virginia Beach, VA 23451 Phone: (757) 491-5928	Green Run 4080 Foxwood Drive Virginia Beach, VA 23451 Phone: (757) 424-9970
Chesterfield Health District:	
Powhatan Health Department 3908 Old Buckingham Rd, Suite #1 Powhatan, VA 23139 Phone: (804) 598-5680	Chesterfield Health Department 9501 Lucy Corr Circle Chesterfield, VA 23832 Phone: (804) 748-1748
Colonial Heights Health Department 200 Highland Avenue Colonial Heights, VA 23834 Phone: (804) 520-9380	
Crater Health District:	
Dinwiddie Health Department 14006 Boydton Plank Road Dinwiddie, Virginia 23841 Phone: (804) 469-3771	Hopewell Health Department 220 Appomattox Street Hopewell, Virginia 23860 Phone: (804) 458-1297
Petersburg Health Department 301 Halifax Street Petersburg, Virginia 23803 Phone: (804) 863-1652	Prince George Health Department 6450 Administration Drive Prince George, VA 23875 Phone: (804) 733-2630
Surry County Health Department 474 Colonial Trail West Surry, Virginia 23883 Phone: (757) 294-3185	Sussex county health department 20103 Princeton Road Sussex, Virginia 23884 Phone: (434) 246-8611
Three Rivers Health District:	
Gloucester County Health Department 6882 Main Street, Suites C-F P.O. Box 663 Gloucester, VA 23061 Phone: (804) 693-2445	King & Queen County Health Department 167 Courthouse Landing Rd. King & Queen Courthouse, VA 23085 Phone: (804) 785-6154
Mathews County Health Department 536 Church Street Mathews, VA 23109 Phone: (804) 725-7131	
Henrico Health District:	
Henrico Health Department (West) 8600 Dixon Powers Drive Henrico, VA 23228 Phone: (804) 501-4652	Henrico Health Department (East) 3810 Nine Mile Road Henrico, VA 23223 Phone: (804) 652-3180
Chickahominy Health District:	
New Kent Health Department 12025 Courthouse Circle New Kent, Virginia 23124 Phone: (804) 966-9640	Charles City Health Department 7501 Adkins Road Charles City, VA 23030 Phone: (804) 829-2490