

Welcome to WIC



A Special Supplemental Nutrition Program
for Women, Infants and Children



What ^{is} WIC?

The purpose of WIC is to improve health and reach positive, healthy outcomes in our clients' lives.

How?

- By listening to your questions about your family's diet and working with you to find healthy outcomes
- By learning from you what foods your family likes and needs
- By teaching you how to provide your family with a healthy diet
- By helping you get quality health care services through referrals
- By promoting breastfeeding and providing support and information to new mothers
- By providing you and your children nutritional support with supplemental foods

WIC Helps...

- Women who are pregnant or have recently been pregnant, breastfeeding, or have a new baby
- Infants, newborn to age 1
- Children, age 1 to age 5

You Must Also

- Meet income guidelines
- Have a nutritional need that can be helped by WIC foods and nutrition counseling
- Have a height and weight measurement
- Have a blood test for iron level
- Live in South Carolina

You Must Bring

- **Proof of Identity (one for you and one for each of your children)**

Examples:

For you – driver's license, state issued ID card, work or school ID

For your child(ren) – birth certificate, hospital birth card (crib card), or Active SC medicaid card

- **Proof of Residency (only one is needed)**

Examples:

Utility bill (telephone, electric, cable), mortgage statement, or rental agreement

- **Proof of Family Income (for everyone in the household)**

Examples:

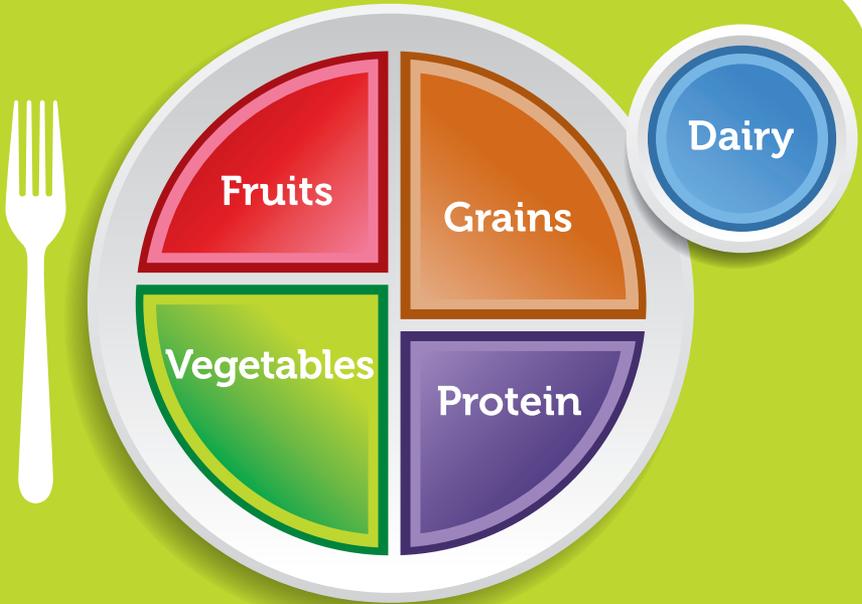
Pay stubs (from within last 30 days), tax returns, Medicaid card, SNAP, or TANF notice

Participants who qualify for the program must reapply at the end of their certification period and be reassessed for program eligibility.



WIC Supplemental Foods

- Are consistent with dietary guidelines, ChooseMyPlate, and infant feeding recommendations from the American Academy of Pediatrics (AAP)
- Are provided based on the participant's nutritional needs
- Are not meant to provide all of a participant's daily food requirements.



Choose**MyPlate**.gov

Examples of Supplemental Foods



- Fruits and vegetables (fresh or frozen)
- Whole wheat/whole grain foods: 100% whole wheat bread, whole wheat or soft corn tortillas, or brown rice
- Dried or canned beans, peas, or lentils
- Peanut butter
- Canned fish (light tuna or pink salmon)
- Milk, eggs, cereal, cheese, 100% juice
- Infant cereals, fruit & vegetables and meats
- Iron-fortified contract infant formulas
- Special formulas for participants with special needs

Ask for a complete list of WIC approved foods when you receive vouchers.

How to Use WIC Vouchers

- **Sign the WIC ID card.** The names you listed on your WIC ID card are the only people who can pick up your food. Each one must sign the ID card before going to purchase your food. The ID card must be taken to the grocery store when using your WIC vouchers.
- **Check the dates.** Don't use the voucher before the "not valid before" date or after the "void after" date.
- **Separate WIC foods from other groceries.**
- **Select only the foods listed on the voucher.** WIC Vouchers cannot be used to buy other foods.
- **Buy the correct size and amount of foods listed on the voucher.** If you do not want an item, you do not have to buy it. If you feel that the food on your voucher is more than you can use, tell someone at the clinic.
- **When you check-out, the cashier will fill in the cost of the food and fill in the date.**
- **Sign your name at the check-out counter after the cashier fills in the amount and date.**
- **Cash Value Voucher** - Choose your fruits and/or vegetables. Weigh your fresh fruits and vegetables if priced by the pound and calculate the cost. If fruits or vegetables are prepackaged, tally the cost up to the amount of the voucher. If you buy more than what your cash value voucher is printed for, you can pay the extra cost with cash or another form of payment. If you buy less than the amount on the Cash Value Voucher, no change will be given.
- **Cash value vouchers may also be used at authorized farmers' markets.** Contact your local WIC staff for a list of authorized markets in your area.

**If you have a problem with your food,
you must talk with someone at the WIC clinic.
The store cannot make any changes on your vouchers.**

**If you have problems or questions about
using WIC vouchers at a grocery store**

call 1-800-922-4406

GUIDE TO WIC VOUCHERS

04000552 NOT VALID BEFORE	0000004002	5550649900	VOUCHER, WIC	04000552 NOT VALID BEFORE
08/01/2010	CITY DESCRIPTION			08/01/2010
DATE RECEIVED	036 OUNCES WIC APPROVED CEREAL			DATE RECEIVED
VOID AFTER	001 DOZEN EGGS LARGE OR MEDIUM (WHITE ONLY)			VOID AFTER
08/31/2010	001 1 Lb. Bag of Beans or 18 oz. Jar of Peanut Butter			08/31/2010
PURCHASE AMOUNT	004 GALS. 2% REDUCED FAT, 1% LOWFAT, OR FATFREE MILK			PURCHASE AMOUNT
DOLLARS CENTS	002 64 OUNCE JUICE			DOLLARS CENTS
	002 LB (16oz) BREAD OR BROWN RICE OR TORTILLAS			
NOT TO BE ISSUED UNTIL DATE RECEIVED AND PURCHASE AMOUNT HAVE BEEN ENTERED BY VENDOR				MUST BE DEPOSITED WITHIN 90 DAYS OF NOT VALID BEFORE DATE
SIGNATURE OF RECIPIENT			10000004002	
040005522 *061119684* 2502193*				

04000543 NOT VALID BEFORE	0000004002	5550649994	VOUCHER, CASH VALUE	04000543 NOT VALID BEFORE
08/01/2010	CITY DESCRIPTION			08/01/2010
DATE RECEIVED	001 CASH VALUE VOUCHER - \$6.00			DATE RECEIVED
VOID AFTER	001 NO CHANGE IS TO BE ISSUED			VOID AFTER
08/31/2010	001 FRESH OR FROZEN FRUITS AND/OR VEGETABLES			08/31/2010
PURCHASE AMOUNT	7 MAX: \$6.00			PURCHASE AMOUNT
DOLLARS CENTS				DOLLARS CENTS
NOT TO BE ISSUED UNTIL DATE RECEIVED AND PURCHASE AMOUNT HAVE BEEN ENTERED BY VENDOR				MUST BE DEPOSITED WITHIN 90 DAYS OF NOT VALID BEFORE DATE
SIGNATURE OF RECIPIENT			10000004002	
040005432 *061119684* 2502193*				

9322314 WIC MANUAL FOOD	01 of 00000001	EXAMPLE, EXAMPLE	9322314
5/1/2010	2 \$10.00	CASH VALUE VOUCHER	5/1/2010
DATE RECEIVED	MAXIMUM	FRESH OR FROZEN FRUITS	DATE RECEIVED
VOID AFTER		OR VEGETABLES ONLY.	VOID AFTER
5/31/2010		NO CHANGE IS TO BE ISSUED	5/31/2010
PURCHASE AMOUNT		INDOF PACKAGE	PURCHASE AMOUNT
DOLLARS CENTS			DOLLARS CENTS
NOT TO BE ISSUED UNTIL DATE RECEIVED AND PURCHASE AMOUNT HAVE BEEN ENTERED BY VENDOR			
SIGNATURE OF RECIPIENT		10000004002	
93223143 *061119684* 2502193*			

- 1 This is the first day you can use this voucher.
- 2 This is the date that you are spending the voucher.
The cashier fills this in when you check out.
- 3 This is the last day you can use this voucher.
- 4 This is the price of the food you bought with this voucher.
The cashier fills this in when you check out.
- 5 This is your ID number or your child's ID number.
- 6 This is your name or your child's name.
- 7 This is the amount of food you can buy with this voucher.
You cannot go over the Cash Value Voucher's maximum dollar amount allowed.
- 8 These are the only kinds of foods you can buy with this voucher.
- 9 Sign your name here (after the cashier fills in the amount and date) while the cashier is watching.
- 10 This is the WIC Office ID stamp.

You will get WIC vouchers every one to three months.

When you go to the clinic for an appointment (voucher pick-up, clinic, or class), be sure to bring your ID card. Before you leave the WIC office, make sure your vouchers have the WIC Office ID stamp on them.

Each voucher is good for only one month and will not be accepted by the store if it has expired.

The voucher is good only for the cost of the WIC food on your voucher. You will not get any change back. **Do not accept a rain check for food that is not in stock.**

Do not sign the voucher before you go to the store.

**SHOP WISELY! USE GROCERY COUPONS TO
REDUCE THE COST OF WIC FOOD ITEMS.**

THE FARMERS' MARKET NUTRITION PROGRAM

The purpose of this program is to provide fresh fruits and vegetables from local farmers' markets to WIC participants. This program is offered in some counties during the months of May through August. Participants in these counties can receive \$25.00 in coupons to buy South Carolina grown fresh fruits and vegetables from authorized farmers. Contact your local WIC office for more information.

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**2010 South Carolina WIC
Farmers' Market Nutrition Program**

Pay to
Order of South Carolina Authorized FMNP Farmer

First date
to spend: **May 1, 2010**

Last date
to spend: **October 15, 2010**

NOTE: SOME MARKETS MAY CLOSE EARLIER

VOID

Use only at authorized
SC FMNP Farmers' Markets
for unprocessed fruits
and vegetables.

IMPROPER USE OF THIS DRAFT IS SUBJECT TO
FEDERAL AND/OR STATE PROSECUTION
PAYABLE THROUGH SOUTHERN NATIONAL MARIETTA, GA

FARMER
STAMP
HERE

NOT TO EXCEED
\$5.00
NO CHANGE ISSUED

WIC PARTICIPANT'S SIGNATURE

- 1 This is the last day the coupon may be used by the participant.
- 2 This is the value of the coupon.
- 3 This is where the participant must sign the coupon.



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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FEED YOUR
FUTURE
SOUTH CAROLINA

Bureau of Maternal and Child Health
Division of WIC Services
2100 Bull Street
Columbia, SC 29201
1-800-868-0404

Local WIC Office Address and Phone:



South Carolina Department of Health
and Environmental Control

www.scdhec.gov



Scan the QR code with
your smartphone for more
information about WIC.