

WHAT IS WIC?

WIC is a federally funded nutrition program, for pregnant, breastfeeding and postpartum women, infants and children.

WHAT ARE WIC BENEFITS AND SERVICES?

WIC provides:

- ◆ supplemental foods
- ◆ nutrition counseling and education
- ◆ breastfeeding information and help
- ◆ checks for infant formula
- ◆ health care referrals
- ◆ referral for free immunizations
- ◆ voter registration

WHAT ARE AUTHORIZED WIC FOODS?

WIC has an authorized foods list, with all allowed WIC food types, sizes and brands. The food list includes milk(whole, dry/powdered), soy milk , tofu, cheese, egg, beans/peas/lentils, peanut butter, whole grain bread, brown rice, tortilla, cereal, and juice. Fully breastfeeding women receive canned fish. The Cash Value Voucher (CVV) lists allowed fresh, canned and frozen fruits and vegetables.

Discuss your food package likes and dislikes with your WIC Nutritionist to meet your needs and ensure that you cash all your WIC checks. If there is too much of one food, WIC can suggest ways to use the food in recipes.

HOW DO I SPEND MY WIC CHECKS?

Each **check** tells you **exactly** what size and type of food to buy with that check. You can **not** choose different sizes or types. **NOTE:** Spend each check within its valid dates. **Expired checks are not replaced!**

An Alternate and a Proxy must know what foods are allowed and how to cash the checks.

WHAT FOOD CAN MY BABY GET?

WIC encourages women to breastfeed their babies for a healthy start. We can show you how.

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For women who chose not to breastfeed, WIC provides only iron fortified infant formula until the infants turn one year old.

Your infant's checks include jar baby fruits, vegetables and baby meats (for fully breastfed infants). You have to purchase only the brands specified.

You **cannot** exchange WIC approved formula for another brand at the store.

WHEN IS MY NEXT APPOINTMENT?

After your initial WIC appointment, your next appointments is a check pick up in three months, when you will receive nutrition counseling, education and checks. The next three months will be for recertification.

Bring your WIC ID to all your WIC appointments.

Please be on time! If you can't keep your appointment, call the WIC office for another appointment. We'll reschedule you as soon as possible.

NOTE: If you are more than 2 weeks late for check pick-up, you will receive less food.

WHAT IS RECERTIFICATION?

Recertification means that your eligibility to get WIC benefits must be determined again.

WHAT SHOULD I BRING TO WIC RECERTIFICATION?

You must bring your WIC ID and all of the following:

- ◆ **proof** of where you live (a letter mailed to you, utility bill, your lease, etc.)
- ◆ **proof** of all current household income (unemployment receipt; Medicaid, TANF or Food Stamp valid award letter; W-2 form; pay stub; Social Security valid award letter; child support letter, etc.)

- ◆ **proof** of identity for each person who wants WIC (WIC ID, driver's license, birth or baptismal certificate, welfare ID, etc.)
- ◆ health care referral form if your doctor or clinic checked your height, weight and blood
- ◆ **Infants' and children's immunization records!**
- ◆ **You must bring the infant or child to their certification/recertification appointment.**

COULD I STILL GET WIC IF I GET FOOD STAMPS?

It does not matter if you work or receive Disability, Social Security, food stamps, Medicaid or TANF, as long as you have a nutritional need and meet the income guidelines.

HOW LONG CAN I STAY ON WIC?

Pregnant women are certified for up to 6 weeks past their due date. **Breastfeeding women** are certified for 6 month periods up to the infant's first birthday (if they continue breastfeeding.) **Non-breastfeeding women** or women who stop breastfeeding receive benefits up to 6 months after baby is born.

Infants and children are certified for 6 months and must be recertified every 6 months up to 5 years of age.

WHAT IS AN ALTERNATE AUTHORIZED REPRESENTATIVE? WHAT IS A PROXY?

If the Authorized Representative signs a form designating an Alternate Authorized Representative, the other parent or a legal guardian may represent an infant or child at a recertification. If the Authorized Representative wants only a Proxy, they can choose anyone over the age of 16 just to pick up checks or cash them at the store. Ask the WIC representative about choosing an Alternate Authorized Representative or a Proxy.

WHAT IF I LOSE MY CHECKS OR ID?

Lost checks are not replaced, so please keep them in a safe and secure place. Call the WIC office to report a lost or damaged ID or stolen checks. Stolen checks may be replaced if you provide a police report. ID folders are always replaced.

WHAT IF I MOVE?

Call WIC immediately. If you move within the WIC service area, we need your new address. If you leave the area, we can arrange to transfer you to another WIC program.

WHEN WILL WIC BENEFITS STOP?

Eligibility will end if:

- ◆ your child reaches 5 years of age
- ◆ you stop breastfeeding and your baby is 6 months or older
- ◆ your family income exceeds WIC limits
- ◆ you do not recertify after your current eligibility period expires
- ◆ you do not pick up your checks for 2 months

You may be **disqualified (terminated)** if you:

- ◆ enroll in more than 1 WIC program or clinic at the same time, including other States.
- ◆ give false information about your income, family size, residence
- ◆ steal WIC checks
- ◆ physically or verbally abuse or threaten a WIC staff or store employee
- ◆ use WIC checks to buy foods that are not authorized
- ◆ sell WIC checks or WIC food to others
- ◆ take cash or credit for WIC checks instead of buying authorized foods;
- ◆ spend or try to spend checks you reported as lost or stolen;
- ◆ make any changes on your checks, like alter the date or food amount
- ◆ exchange WIC formula or food for other brands
- ◆ spend checks before or after the dates listed on them
- ◆ let someone other than your proxy use your checks or WIC ID
- ◆ spend your checks at a store that is not

authorized to cash your checks

These actions can result in either a warning letter or disqualification (with termination). If you are disqualified, you will not be allowed to reapply until the disqualification period expires. You may have to pay back benefits you were not supposed to receive.

IF I LOSE WIC BENEFITS, CAN I APPEAL?

Yes, you may appeal any decision made by the local agency regarding your eligibility for program benefits within 60 days of the decision. You or your representative may request a **Fair Hearing** by calling, writing or visiting the WIC Coordinator at the WIC local agency where you applied to receive WIC benefits.

WHAT OTHER HELP IS AVAILABLE?

Ask WIC for a list of available health services and social services in your area.

WHAT IF I WAS DISCRIMINATED AGAINST?

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, religious creed, disability, age, political beliefs, 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.

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NEW JERSEY WIC FACT SHEET



Passaic WIC Program
333 Passaic Street
Passaic, NJ 07055
P: 973-365-5620
F: 973-365-5622

www.cityofpassaic.com
passaicwic@cityofpassaicnj.gov

Monday – Friday 8:30AM – 4:00PM
Saturday hours available



For more information visit the New Jersey WIC Website at: www.state.nj.us/health/fhs/wic/index