



WIC Enrollment Documentation Checklist

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) helps approximately 6.3 million people across the United States receive WIC food assistance, nutrition education, education about breastfeeding, support for nursing mothers, and healthcare and social-service referrals. If you want to know if you are eligible for this program, ask your park and recreation staff here at [] for the information sheet titled, "WIC Eligibility Checklist for Families." If you already know you may be eligible and want to enroll in this program, review the information below that shares what you need to bring with you, and what to expect, at your first appointment with a WIC representative. If you have any questions along the way, let us know, we are happy to help you in any way we can!

In order to be eligible for WIC you must be at "nutritional risk," which is determined by a health professional such as a physician, nutritionist, or nurse, and is based on Federal guidelines. This health screening is free to program applicants and is part of your first WIC visit. You also have to provide proof of eligibility for the program by showing some of the items listed below (each state has different requirements for documentation so please see the following link for information about your state's requirements: [fns.usda.gov/contacts?f\[O\]=program%3A32](https://fns.usda.gov/contacts?f[O]=program%3A32)).

What do I need to bring to my first WIC visit?

- Your child
- Proof of identity for you (driver's license, photo ID card, passport, or student ID)
- Proof of identity for your child (birth certificate, crib card, or passport)
- Proof of identity for your infant (birth certificate, crib card, or discharge paperwork)
- Proof of all sources of income for everyone living in the household (e.g., pay stubs for the last 30 days, unemployment letter, child support, income tax return for self-employed persons only)
- Documentation of other benefits you/your family receives, such as Medicaid, TANF or SNAP, if you are receiving these benefits
- Documentation of where you live (a document with your name and current address such as driver's license, utility bill, or other recent mail)
- Immunization record your infant(s) and/or children
- Proof of pregnancy stating due date (if applicable)

What happens at my first WIC appointment?

- You or your child will undergo a simple health screening to determine nutritional risk
- You will receive nutrition education
- You may be provided with a WIC EBT (electronic) card to take to the grocery store to buy nutritious foods
- You will be asked to return to the WIC center every 2 to 3 months

WIC during COVID-19¹

The Families First Coronavirus Response Act has changed the way WIC operates. For example, you may not have to physically go to the clinic for WIC certification, instead you may be able to do the certification process using your phone, FaceTime or other virtual modalities. And since WIC benefits are mostly on EBT cards, benefits can be downloaded remotely when WIC offices are closed. Also, there have been some allowances with regards to food substitutions when WIC foods are not available due to shortages. For example, skim milk may not be available, so other varieties of milk would be allowed. Finally, there have been shortages of infant formula, and there are no alternatives for it. WIC reminds families not to make their own formula, and asks them not to overly dilute formula to make it go longer, which would dilute the nutrition provided to the infant.

References:

stateofchildhoodobesity.org/stories/supporting-a-healthy-early-childhood-during-the-covid-19-pandemic
(accessed on May 19, 2020)