WIC Program

Step 1

Referral

A woman, infant or child can be referred to the WIC program by their insurance company, medical provider, or friend. They could also hear about WIC resources through social media or outreach services such as WIC on Wheels and farmers markets

Step 2

Appointment Scheduling

A mother, infant, or child will need to schedule a first appointment to come into the WIC office and present their proof of income and assess their needs.

Step 3

First Appointment

The women, infant or child will need to complete an intake appointment. This is where the WIC staff will conduct a needs assessment, complete labs and explain the provision of services.

Step 4

Provision of Services

The next step in the WIC program is provision of the many services that they offer, such as nutrition counseling and education, breastfeeding support, and supplemental food.

Step 5

Nutrition Education

Participants are available to nutrition education appointments in person and on the phone, where nutritionists and dietitians educate on topics such as healthy weight gain, iron labs and nutrition during pregnancy.

Step 6

Breastfeeding/ Pumping Support

WIC provides breastfeeding and pumping support to women, but encourages breastfeeding when possible. They have breastfeeding peer counselors and lactation consultants on staff to take appointments and even do counseling over the phone

Step 7

Supplemental Food

Child 1-2: Food Package IV, No peanut butter or dairy products
Child 3-4: Food Package IV, Low fat and nonfat yogurt and milk
Pregnant: Food Package V, food package
Fully breastfed: Food Package V, Food Package VII, food package for 1 year
Partial breastfed: Food Package VI, Food Package VII, food package for 1 year, with formula
Postpartum: Food Package VII, food package, and formula

Step 8

Technology award

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Step 9

Continued Contact

Every three months a nutritionist will call to check up on women's nutrition, breastfeeding support, and how the baby is growing and eating.

Step 10

Certification Appointments

Pre certification: forms completed before first appointment
Certification: labs and questions at first appointment
Follow up: 3 months later
Mid certification: every six months, labs, short questionnaire
Recertification: appointment every year, process starts over

Step 11

End of Program

Mother: mom gets food package up until 6 months postpartum, if exclusively breastfeeding gets food up until 1 year
Child: food packages until the child turns 5 years old