

WHAT IS WIC?

WIC is a federally funded supplemental nutrition and food program that serves pregnant, breastfeeding, and postpartum Women, Infants, and Children up to age 5.

AM I ELIGIBLE TO RECEIVE WIC?

The only eligibility requirement is an income guideline, regardless of your enrollment in other programs.

WIC BENEFITS AND SERVICES

- Family eWIC Benefits Card
- Nutrition counseling and education
- Breastfeeding information and support
- Health care referrals
- Social service referrals
- Free immunizations referrals
- Voter registration opportunity

NOTE: WIC supports “Exclusively breastfeeding women for the first 6 months of the child’, with continued breastfeeding, along with appropriate complementary foods up to 2 years or older.”

AUTHORIZED WIC FOODS?

WIC provides each participant with an authorized food list, including all applicable food types, sizes and brands. The food list includes milk (dry, power, evaporated, soy, Lactaid) tofu, cheese, yogurt, eggs, beans/peas/lentils, peanut butter, whole wheat bread, pasta, tortilla, brown rice, cereal and juice. Exclusively breastfeeding women are eligible to receive canned fish. You can discuss your food preferences with your WIC nutritionist.

AUTHORIZED WIC FOODS?

WIC provides each participant with an authorized food list, including all applicable food types, sizes and brands. The food list includes milk (dry, power, evaporated, soy, Lactaid) tofu, cheese, yogurt, eggs, beans/peas/lentils, peanut butter, whole wheat bread, pasta, tortilla, brown rice, cereal and juice. Exclusively breastfeeding women are eligible to receive canned fish. You can discuss your food preferences with your WIC nutritionist.

WHAT FOODS CAN MY BABY GET?

Infants that are not breastfed are eligible to receive specific iron fortified formula until they turn 1 year old. Your eWIC benefits card specifies WIC approved formula for your infant. You are unable to exchange WIC approved formula for another brand or type. Your infant’s benefits foods include:

- Jar baby foods (fruits and vegetables), baby cereal
- Baby meats are provided only for exclusively breast fed infants

REDEEMING MY eWIC BENEFITS

You may use your eWIC benefits card to redeem your benefits the same way you use your own EBT cards to purchase groceries. You must redeem your benefits within the designated month, but do not need to do so all at once.

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 1 year, dependent upon any changes in their breastfeeding.
- Non-breastfeeding women or women who stop breastfeeding receive benefits up to 6 months after baby’s birth
- Infants & children are certified every year until age 5.

Certification periods depend on what age the infant/child was certified.

Typical certification period is for 1 year.

An authorized representative or proxy can be assigned on behalf of the participant if needed. Please ask a WIC staff about adding an Alternate Authorized Representative or Proxy.

WHAT IF I LOSE MY eWIC BENEFITS CARD?

Lost eWIC Benefits Cards can be easily replaced. To get a replacement card call or visit a local WIC clinic. A staff member will replace your card and PIN.

NOTE: Treat your eWIC Benefits Card as you would you ATM/Credit cards.

WHAT IF I MOVE?

Call WIC immediately. Whether you are moving within the WIC service area or two another state, we can arrange for your benefits to continue in your new area.

WHEN WILL WIC BENEFITS STOP?

Eligibility will end if:

- Your child reaches the age of 5.
- You stop breastfeeding and/or your baby is 6 months.
- Your family income exceeds WIC limits.
- You do not redeem your benefits for 2 months.
- You do not recertify after your current eligibility period ends.

You may be disqualified (Terminated) if you:

- Enroll in more than 1 WIC program or clinic at the same time.
- Give false information about your income, family size, and/or residence.
- Physically or verbally abuse or threaten a WIC staff member or store employee.
- Give or sell WIC food to others.
- Take cash or credit for WIC benefits.
- Redeem WIC benefits and report card lost or stolen.
- Exchange WIC formula or food for other brands.
- Let someone other than your proxy/alternate authorized representative use your eWIC Benefits card.

NOTE: 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 are not eligible to receive.

Contact us for a list of referrals and/or available health and social service resources in your area.

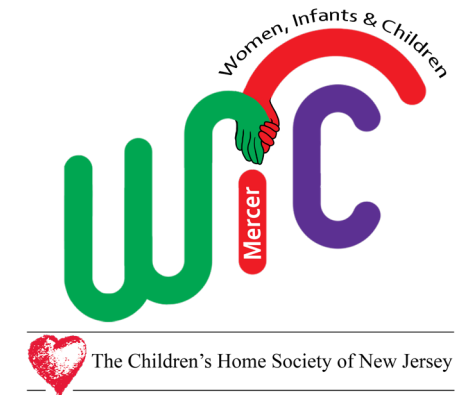
WHAT IF I WAS DISCRIMINATED AGAINST?

In accordance with Federal civil rights laws 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, disability, age, 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.

This institution is an equal opportunity provider.

WIC FACT SHEET



1440 Parkside Ave
Ewing NJ 08638
Office: 609.498.7755
Fax: 609.571.9540

Monday & Thursday 8:30AM - 5:00PM
Friday 8:30 AM - 4:30 PM
Tuesday 7:00AM - 4:00PM
Wednesday 10:30 AM - 7:00 PM
Saturday 8:30 AM- 4:30 PM (By appointments)

Satellite Locations:

Hightstown
Princeton
Hamilton
Trenton

chsofnj.org/mercer-county-wic-program/
<https://wic.nj.gov/participantportal/>
<https://www.facebook.com/chsofnjmercer-wicprogram>

@chsofnj_mercer_wic_program