SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN
WIC Mission Statement

- To safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.
WIC Provides

- Foods
- Nutrition Education
- Breastfeeding Support
- Referrals
Who Qualifies for WIC?

WIC serves low-income, nutritionally at risk population:

- Pregnant women (through pregnancy – 6 weeks after birth or end of pregnancy)
- Breastfeeding women (up to baby's first birthday)
- Non-breastfeeding mothers, (up to six months after baby's birth)
- Infants and children under five years old (WIC serves 53% of infants born in the U.S.)
Income guidelines for WIC

Income Standard:
Applicant income cannot be more than 185% of the Federal Poverty Income Guidelines.

Adjunctive Income Eligibility:
Applicants are adjunctly income eligible for WIC if they receive Kansas Food Assistance Program benefits, Medicaid XIX, or TANF.
Food Benefits

- Fresh fruits and vegetables
- Milk, cheese, yogurt
- Baby Foods
- Cereal
- Fruit juice
- Eggs
- Soymilk and tofu
- Dried and canned beans, fish and peanut butter
- Whole grains
- Infant formula
- Nutrition medical foods, such as tube feedings
Food Package: Children 1-2 years old

- List of foods your child will receive each month:
  - Cereal: 36 ounce
  - Whole grain: 2 pounds
  - Fresh fruits and vegetables: $8.00
  - Juice: 128 ounces (2 – 64 ounce containers)
  - Whole milk: 3 gallons
  - Yogurt or whole milk: 1 quart
  - Cheese: 1 pound
  - Eggs: 1 dozen
  - Dried beans: 1 pound
  - Peanut butter is not issued to 1-year olds because it is a choking hazard.

http://texaswic.dshs.state.tx.us/wiclessons/english/foodpackage/children-1-to-2-years.asp
Food Package: Children 2-5 years old

- List of foods your child will receive each month:
  - Cereal: 36 ounce
  - Whole grain: 2 pounds
  - Fresh fruits and vegetables: $8.00
  - Juice: 128 ounces (2 – 64 ounce containers)
  - Low-fat milk or fat-free milk: 3 gallons
  - Yogurt or low-fat or fat-free milk: 1 quart
  - Cheese: 1 pound
  - Eggs: 1 dozen
  - Beans and peanut butter: 1 pound dry or 4 cans and peanut butter 16 to 18 ounce jar
Food Package: Pregnant Women

- Cereal: 36 ounces
- Whole grains: 1 pound
- Fresh fruits and vegetables: $11.00
- Juice: 144 ounces (3 – 11.5 to 12 ounce frozen containers)
- Low-fat or fat-free milk: 4.5 gallons
- Yogurt or low-fat or fat-free milk: 1 quart
- Cheese: 1 pound
- Eggs: 1 dozen
- Beans and peanut butter: 1 pound dry or 4 cans and peanut butter 16 to 18 ounce jar

http://texaswic.dshs.state.tx.us/wiclessons/english/foodpackage/pregnant-women.asp
Food Package: Exclusively breastfeeding mom

- Cereal: 36 ounces
- Whole grains: 1 pound
- Fresh fruits and vegetables: $11.00
- Juice: 144 ounces (3 – 11.5 to 12-ounce frozen containers)
- Low-fat or fat-free milk: 5 gallons
- Yogurt or low-fat or fat-free milk: 1 quart
- Cheese: 2 pounds
- Eggs: 2 dozen
- Beans and peanut butter: 1 pound dry or 4 cans and 16 to 18 ounce jar of peanut butter
- Canned tuna and salmon: 30 ounces
- *Moms who are exclusively breastfeeding multiples (twins, triplets, etc.) will get 1-1/2 times the amount of food in the exclusively breastfeeding package.

Breastfeeding Support

WIC Breastfeeding Peer Counselors
- Provide education and support to WIC moms
- Are available via text or phone

WIC breast pump program
- Electric & Manual pumps
- Available to moms that are certified as breastfeeding on the WIC program who meet specific criteria.
- All dietitians in Johnson County are Certified BF Educators
WIC infant formula rebate system

• WIC also provides infant formula for mothers who choose to use this feeding method.

• WIC State agencies are required by law to have competitively bid infant formula rebate contracts with infant formula manufacturers. Kansas has a rebate contract with Gerber for soy formula and Abbott for Similac Advance formula.

• Similac Sensitive for Fussiness and Gas, Similac Total Comfort, and Similac for Spit up are also available to WIC clients with a documented medical diagnosis.

Sourced from: http://www.fns.usda.gov/wic/
Food package for infants

• When your baby is 0-3 months:
  - Infant Formula

• When your baby is age 6-11 months:
  - Infant Formula
  - Infant cereal
  - Baby fruits/vegetables
  - Fresh fruits and vegetables

* All formula amounts are approximate.
Children with special food needs

- WIC also provides special formulas for children with specific medical needs.
- List of special formulas WIC can provide:
  

- These formulas require a special formula form from the child’s medical provider (MD), and approval from a WIC dietitian

- Link to Special formula form from Kansas WIC website:
  
  http://www.kansaswic.org/manual/forms/KANSAS_WIC_Special_Authorization_for_Infants_and_Children.pdf
WIC Works!

- WIC improves birth outcomes
- WIC reduces prematurity and infant death
- WIC saves healthcare costs
- WIC improves clients nutritional status, decreases anemia and increases intake of vitamin C, calcium and B vitamins
- WIC improves the dietary intake of pregnant and postpartum women and improves weight gain in pregnant women.
- Improves children’s cognitive development
- Children enrolled in WIC have increased immunization rates and regular sources of medical care.
- WIC promotes breastfeeding!

Sourced from: http://www.fns.usda.gov/wic/
Contact WIC

For information or an appointment, call the WIC desk at:

• Mission
  (913) 826-1302
  6000 Lamar Ave., Suite 140
  Mission, KS 66202

• Olathe
  (913) 477-8330
  11875 S. Sunset Dr., Suite 300
  Olathe, KS 66061

Kansas WIC Website:  http://www.kansaswic.org/index.html