

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.

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

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**

Food package for infants

- When your baby is 0-3 months:

Infant Formula

- When your baby is age 6-11 months:

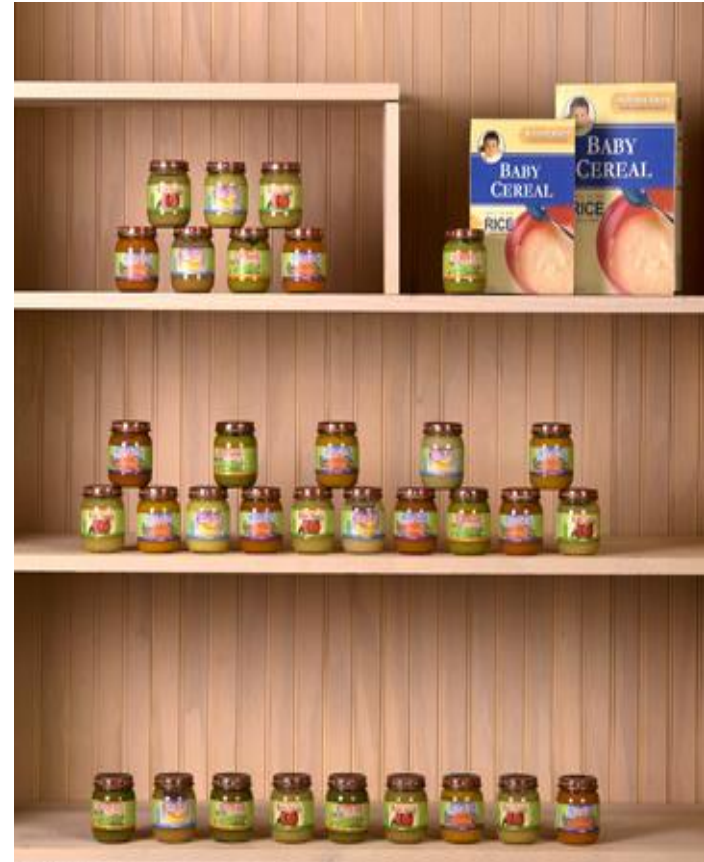
Infant Formula

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:

http://www.kansaswic.org/download/Formula_Manufacturers_Products_rev.pdf

- 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!**

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>