

## Navigating WIC

- New Jersey WIC (women, infant, children) is a public health nutrition program that provides education, nutritious food, and improved access to health care and social services for low or moderate-income pregnant women, new mothers and children younger than five years of age, as well as children in foster care.
- Website: <https://www.state.nj.us/health/fhs/wic/>
- There are several offices in each county. Check the website for more information about locations of hours of operation. Most offices are open on Saturday.

To bring to the first appointment:

- The child
- Placement ID letter
- Medicaid letter
- Personal ID (Driver's License)

### Helpful Hints

- Call ahead to make an appointment (morning appointments tend to go quicker).
- Bring immunizations each time they are updated with you to the appointment.
- If your child is allergic to the traditional formula, you will need to have a form filled out ahead of time to bring with you to WIC. The pediatrician's office will have the form to fill out and give you. It may be helpful to photocopy the paper for your own records prior to giving the original at the WIC office. Lactaid milk must be requested at the WIC office.
- Close attention should be given to the foods listed on the checks, as substitutions are not allowed.
- A WIC check must be used in one checkout. No items listed can be saved or used at another time. If the store does not have all the items needed (or the exact quantity or size of formula listed on the checks), you must decide if you want to use the check at that time.
- Gerber has packages of two small plastic containers of baby food, which count as TWO baby foods. Jars count as one, no matter the brand.
- Look for the WIC label on the shelves to find WIC eligible items (at most stores).
- WIC will give you a yellow folder and you must have that with you when you are cashing your checks at the store. Only the person on the check is allowed to cash them in and they may check your ID.
- Present your yellow folder to the cashier and do not sign checks until the cashier asks you to do so.
- Keep your WIC items separate from your personal groceries.
- When the check expires it is no longer valid.
- WIC is free to foster children, but not mandatory. When a child leaves your home, return the checks to WIC so they can be reissued to the new home/parent for this child.