



WIC

A Program for Women, Infants, & Children's Health



What are the Benefits?

- WIC card with funds to buy nutritious food
- Nutrition education and counseling
- Referrals to other health and social services
- Breastfeeding education and support

Who is Eligible?

- Pregnant, postpartum, and breastfeeding women
- Infants and children up to age 5
- Primary caregivers (such as dads, grandparents, and foster parents) can apply for benefits for the child
- Individuals below income limit OR enrolled in SNAP, TennCare, or TANF
- Tennessee residents - you do not need to have legal status

Visit this website to see if you're eligible to enroll: <http://bit.ly/WICenroll>

What to Bring to Your First WIC Appointment?

Bring one item from each category:

1. Proof of Identity

Driver's License
Passport
Social Security Card
Birth Certificate
Hospital ID Bracelet
Vaccine Records

2. Proof of TN Residency

Utility bill or receipt
Rent or mortgage receipt
Mail with your name and address
Hotel or motel receipt

3. Proof of Income

SNAP, TennCare, or TANF card
Paycheck Stub
Bank Statement
Tax Return

4. Proof of Pregnancy (if pregnant)

See tnjustice.org/antihunger#wic for more info

How to Apply?

Call the Health Department to schedule an appointment at your local WIC office: 800-342-5942, or visit this website to find the WIC office closest to you: <http://bit.ly/WIClearn>

WHAT'S IN THE WIC FOOD PACKAGE?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutritious foods that are tailored to YOU!

FACTS ABOUT THE WIC FOOD PACKAGE:

- There are 7 different WIC food packages, and WIC adapts them to meet needs of clients.
- The food package is based on the quantity of the product, so if the product is in your package, it can be purchased regardless of price.
- Additionally, there are dollars (known as the Cash Value Benefit) that can be spent on your choice of fruits and vegetables in the grocery store.
- **Remember, not every product is for every participant!**

	Fruits & Vegetables	Dairy	Grains	Proteins
Infants (Birth to 11 months)	Fruits and vegetables (jarred infant food or Cash Value Benefit) ◆	Formula (only provided for children that are partially or not at all breastfed)	Infant cereal ◆	Baby food meat (only for fully breastfed infants) ◆
Children (1 to 4 years)	Juice, \$26 for fruits and vegetables	Milk (cow's milk, lactose-free, or plant-based such as soy) tofu, yogurt, cheese, etc. ★	Cereal, whole grains (whole wheat breads and pastas, whole grain rice, oatmeal, and more) ★	Eggs, canned fish, dry legumes or canned legumes, peanut butter (or other nut and seed butter) ★
Pregnant & partially breastfeeding or fully breastfeeding (benefits for up to one year)	Juice, \$47-\$52 for fruits and vegetables	Milk (cow's milk, lactose-free, or plant-based such as soy), tofu, yogurt, cheese, etc. ★	Cereal, whole grains (whole wheat breads and pastas, whole grain rice, oatmeal, and more) ★	Eggs, canned fish, dry legumes or canned legumes, peanut butter (or other nut and seed butter) ★
Postpartum, not breastfeeding (benefits for up to 6 months)	Juice, \$47 for fruits and vegetables	Milk (cow's milk, lactose-free, or plant-based such as soy), tofu, yogurt, cheese, etc. ★	Cereal, whole grains (whole wheat breads and pastas, whole grain rice, oatmeal, and more) ★	Eggs, canned fish, dry legumes or canned legumes, peanut butter (or other nut and seed butter) ★

Talk to your local WIC clinic to know exactly what products would be included in your food package!

See [USDA's website](#) for more information about the different food packages.

★ Allowed upon TN WIC's approval ◆ Allowed once infant turns 6 mo. old

DOWNLOAD WICSHOPPER APP!

Makes shopping with
WIC benefits easier!

- ✓ Scan products
- ✓ Check benefit package
- ✓ View upcoming appointments
- ✓ Locate nearest WIC store
- ✓ Learn new recipes

SCAN TO DOWNLOAD



Available for iOS & Andoid products





WIC CASH VALUE BENEFIT

Get fruits & veggies with your WIC benefits!

As a part of the WIC food package, participants get dollars each month to spend on fresh or frozen fruits and vegetables. Participants can choose the produce they want to purchase for themselves and their families!

**Additional Cash Value Benefits
Fruits & Vegetables Starting November 1, 2023**

Category	Amount
Child	\$26.00
Pregnant & Postpartum	\$47.00
Breastfeeding	\$52.00
Exclusively Breastfeeding with Multiples	\$78.00