

# YELED V'YALDA WIC PROGRAM

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## FACTS ABOUT THE WIC PROGRAM

WIC is a Special Supplemental Nutrition Program for Women, Infants and Children. It provides nutrition education, nutritious foods and referrals to health care to eligible **pregnant, breastfeeding and post partum women, and infants and children up until the age of five.**

### WHO IS ELIGIBLE?

In order to qualify for the program an applicant must meet four eligibility criteria.

**1. Residential:**

The applicant must be a resident of New York State **AND**

**2. Categorical:**

The applicant must be a pregnant woman, a breastfeeding woman (up to 12 months post partum and still breastfeeding) or a post partum woman (up to 6 months post partum), an infant (birth – 12 months) or a child under the age of 5. **AND**

**3. Income:**

The applicant must have a household income that is at or below 185% of the federal poverty level.

<b>FAMILY SIZE</b>	<b>ANNUAL</b>	<b>MONTHLY</b>	<b>WEEKLY</b>
1	18,889	1,575	364
2	25,327	2,111	488
3	31,765	2,648	611
4	38,203	3,184	735
5	44,641	3,721	859
6	51,079	4,257	983
7	57,517	4,794	1,107
8	63,955	5,330	1,230
FOR EACH ADDITIONAL FAMILY MEMBER ADD:	+6,438	+537	+124

**AND**

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## **4. Nutritional Risk:**

The applicant must have at least one nutritional risk condition. Risk conditions include anemia, poor diet, history of low birth weight, etc.

## **HOW IS ELIGIBILITY DETERMINED?**

Anyone who is interested in receiving WIC benefits should call or write to their local WIC office to set up an eligibility determination appointment. The applicant will be given a specific time to come to the WIC office. They will be asked to bring several items with them. These items include: proof of residency, proof of income, positive identification, medical documentation of a health problem (if one exists, health problems might include such things as diabetes or food allergies) or a medical referral form, blood work information, and the individual for whom benefits are being sought. Once at the WIC office the applicant will have their identification, income and residency verified by WIC administrative personnel and their nutritional risk assessment conducted by a nutritionist. The nutritional risk certification will consist of collecting health and dietary information as well as height, weight and hematological measurements.

## **WHAT BENEFITS DOES A PARTICIPANT RECEIVE?**

### **1. Supplemental Foods:**

Participants receive vouchers to take to specified stores to redeem for specific foods. The WIC food package contains milk, cheese, eggs, juice rich in vitamin C, iron fortified cereal, and peanut butter or dried beans. Infants receive iron fortified formula, infant juice and infant cereal.

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## **Supplemental Foods (cont.)**

Breastfeeding women who are not supplementing with formula also receive tuna fish, dried beans AND peanut butter, extra juice and extra milk or cheese.

## **2. Nutrition Education:**

Participants are offered at least two nutrition education sessions during each certification period.

## **3. Referrals to other Services:**

WIC staff are knowledgeable of other services offered in their communities. An overall assessment of an applicant's need is conducted and appropriate referrals to health and human service programs are made.

## TYPES OF WIC APPOINTMENTS

### **1. Certification:**

If the participant comes for a certification visit, they will make the following stops, in the order described. Their first stop is the receptionist. The second stop is the record clerk, where the participant's category, identity, income and residency are verified. The third stop is the nutritionist office, where their height and weight will be collected. This is also where the health interview and dietary history are conducted. The nutritionist will also issue the WIC checks and schedule a new appointment.

### **2. Check Pick-Up/Nutrition Education:**

If the participant comes for a check pick-up/high risk counseling visit, they will make the following stops, in the order described. Their first stop is to sign in with the receptionist. Their second stop is the record clerk

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## Check Pick-Up/Nutrition Education (cont.)

who will begin to roster them in to the computer. The third step is the nutritionist's office for the counseling visit. The nutritionist will issue the WIC checks and schedule a new appointment.

## HOW LONG WILL A PARTICIPANT RECEIVE WIC BENEFITS?

Different categories of participants are certified for different periods of time. At the end of a certification period, the individual must repeat the entire eligibility determination process in order to continue to receive benefits.

*Pregnant Women* are certified until 6 weeks after they have given birth.

*Breastfeeding Women* are certified in 6 month increments until they are 12 months postpartum.

*Postpartum Women Non-nursing Women* are certified until they are 6 months postpartum.

*Infants* are certified in 6, 10 or 12 month intervals until they are 12 months old.

*Children* are certified in 6 month intervals until they are 5 years old.

**For more information on WIC, or to apply for WIC Program benefits, please feel free to contact the Yeled V'Yalda WIC Program at (718) 686-3799.**



WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, sex, age, or disability should write to the secretary of Agriculture, USDA. New York State prohibits discrimination based on creed, marital status and sexual orientation. Persons who believe they have been discriminated against based on the New York State Human Rights Law should call 1-800-795-3272 or 1-202-720-6382 (TTY) or write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity employer. New York State prohibits discrimination based on creed, marital status and sexual orientation. Persons who believe they have been discriminated against based on the New York State Human Rights Law should call the Growing Up Healthy Hotline at 1-800-522-5006, or write to the WIC Program Director, Riverview Center, FL6W, 150 Broadway, Albany, New York, 12204.