

What is WIC?



WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. In Illinois it is administered by the Illinois Department of Human Services (IDHS) and is funded by the United States Department of Agriculture (USDA). Even if you or your family members are working, it can be hard to make ends meet. WIC can help with the right food and advice from trained staff on nutrition, health care, and immunizations.

WIC provides:

- Nutrition Assessment
- Nutrition Counseling & Education
- Breastfeeding Support
- Nutritious Foods
- Referrals to Other Services

WIC helps parents to feed their children well during critical periods of growth and development. WIC services strengthen families long after they leave the WIC program. Parents who are on WIC say:

"Thank you to WIC! My children eat better and they are healthier!"

"I'm happy that the staff takes time to listen about my concerns in breastfeeding my baby"

"It is a good program because they guide us to feed our children healthy foods."

Make plans for an appointment today!

For more information contact the Illinois WIC Program:

Monday - Friday during business hours

1-217-782-2166

To find a WIC office closest to you
visit our website at:

www.dhs.state.il.us

If you have questions about any Illinois Department of Human Services (IDHS) programs, you may call the automated helpline 24 hours a day at:

1-800-843-6154

(866) 324-5553 TTY/Nextalk or 711 TTY Relay



This institution is an equal
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State of Illinois
Department of Human Services



For more than 40 years
the WIC program has been helping
mothers, babies and children get the
foods and information they need for
proper growth and development.





WIC may be able to help you if you...

- Are pregnant or breastfeeding
- Have an infant or children up to age 5
- Are working with limited income or have no income
- Want to improve your family's health with good nutrition



WIC provides healthy foods such as:

- milk
- eggs
- cheese
- fruits and vegetables
- cereal and whole grains
- dry or canned beans/peas
- peanut butter
- iron-fortified infant formula



Are you eligible for WIC?

Four criteria must be met:

- **Category** – You must be:
 - A pregnant woman or breastfeeding up to one year after giving birth;
 - A new mother, up to six months after giving birth; or
 - A parent, guardian or caretaker who has an infant or child younger than 5 years of age.
- **Income**
 - Your annual household income must be within WIC Guidelines. bit.ly/wicprescreen
 - You may have a job and still meet these guidelines.

• **Residency**

You must live in Illinois

• **Medical or Nutrition Health Risk**

A screening by a WIC Certifying Health Professional must find that you have a medical or nutritional health risk such as low iron, low weight gain during pregnancy, or opportunities to make improvements in your diet/nutrition.



Save
Nourish
Connect
Grow
Learn

At your first visit to a WIC clinic, please bring the following with you:

- **Identification**
Example: Driver's license, photo ID
- **Proof of pregnancy**
Example: Note from doctor/clinic verifying a positive pregnancy test
- **Proof of income**
Example: paycheck stubs, income tax form
- **Proof of residency**
Example: utility bill or recent mail with dated postal stamp
- **Proof of birth**
Example: Birth certificate for your infant or child (hospital or legal)

WIC does not require proof of citizenship.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fa2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (833) 256-1665 or (202) 696-7442; or
- (3) email: program.intake@usda.gov.

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