

WHAT IS WIC?

WIC is a free and friendly health program that provides food and nutrition information to keep pregnant and new moms as well as children up to age 5 healthy.

WIC offers:

- Nutrition counseling
- Immunization and health screenings
- Referrals to doctors, dentists and programs like Head Start, Birth to Three, Right From the Start and child care resources

All foster children under age 5, or foster children who are expectant or new moms, are automatically eligible for WIC.

WHAT CAN WIC OFFER ME AS A FOSTER PARENT?

Parenting and caring for a child in foster care is always a challenge. As a foster parent, you have a unique opportunity to help your foster child develop the skills and resources necessary to lead a healthy life. Good nutrition is essential to good health.

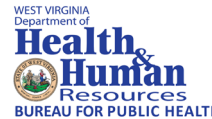
WIC offers you and your foster child nutrition education, tips on healthy eating, and benefits to purchase nutritious foods tailored to your foster child's needs. All foster children under age 5 are automatically eligible for WIC. WIC is also available to pregnant and new moms.

FOSTER CHILDREN AND WIC

Our caring staff can help you get your foster child back on the right track for a good start to a healthy life.

Contact your local WIC Clinic at:

You may also apply on the web at dhhr.wv.gov/wic



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(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: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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FOSTER CHILDREN AND WIC





WHY ARE WIC AND WIC NUTRITION EDUCATION IMPORTANT FOR MY FOSTER CHILD?

Since eating habits are established very early in life, it is important to teach good nutrition as early as possible. WIC can help your foster child learn about nutrition and how to eat right from birth to age five. Plus, like good communication and problem solving skills, healthy eating is an important skill that helps children grow and prevents them from developing health problems later in life.

Research shows WIC children have better outcomes in the future than eligible children not participating in WIC:

- Kids enrolled in WIC have better vocabularies when they reach four and five years of age.
- WIC has a major impact on reducing anemia and obesity in children.
- WIC participation leads to high rates of immunization.
- WIC significantly improves children's diets and intake of important vitamins and nutrients like iron, vitamin C, protein, niacin and vitamin B6.

All foster children under age 5, or foster children who are pregnant or new moms, are automatically eligible for WIC.

HOW CAN I ENROLL MY FOSTER CHILD IN WIC?

It's easy! Call the WIC clinic in your community to set up an appointment (see back for information), text keyword localwic + your zip code to 67076, or visit dhhr.wv.gov/wic. You will need to bring these items with you to your foster child's WIC appointment:

- West Virginia Medicaid card or letter from DHHR noting child's Medicaid billing number
- DHHR document showing foster care status
- Proof of West Virginia residence – or something that shows your foster child's current address
- Proof of pregnancy if foster child is pregnant
- Your foster child

HOW DOES WIC WORK?

At your appointment, a WIC nutritionist will talk with you about your foster child's health history and diet to identify nutrition and/or medical needs. WIC will provide you with nutrition counseling tailored to meet the needs of your foster child and benefits to buy healthy foods such as:

- Fresh fruits and vegetables
- Milk
- Cheese
- Yogurt
- Eggs
- Cereal
- Whole grains
- Dried or canned beans
- Peanut butter
- Juice
- Infant formula and foods

WIC benefits are easy to use with more than 275 grocery stores accepting the eWIC card statewide. All WIC services are confidential and free of charge.