



# Program Booklet

## Information for Clients





Thank you for joining WIC!

## WIC provides good food and a whole lot more

WIC is a nutrition program that provides nutrition and health education, breastfeeding support, healthy food, and referrals to other services free of charge to Kansas families who qualify. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children.

### WIC offers families:

- Breastfeeding promotion and support
- eWIC card to buy healthy foods
- Health and social service referrals
- Immunization screening and referrals
- Tips for eating well to improve health

### WIC nutrition staff meet with each WIC client to:

- Review nutrition and health behaviors
- Provide individual nutrition advice
- Support families making changes for better health
- Offer a selection of healthy foods



# What to bring to your WIC appointment

## ✓ Proof of identity for clients and caregivers (Examples)

- Photo identification
- Driver's license
- School identification
- Birth certificate
- Kansas Medicaid card
- Passport
- Military identification

On the appointment day, be sure to bring the papers you were asked to provide.

**WIC cannot accept Social Security Cards as proof of identity.**

## ✓ Proof of identity for child/infant (Examples)

- Birth certificate
- Foster care/adoption papers
- Kansas Medicaid card
- Immunization records

## ✓ Proof of where you are currently living (Examples)

- Utility bill
- Rent receipt
- Lease/Housing Agreement
- Bill or business letter addressed to you

## ✓ Current proof of household income for all people living in your house (Examples)


- Medicaid card/KanCare card
- DCF benefit letter
- Paystubs from the most current job(s) to equal 30 days or 4 weeks
- Additional income information (child support, unemployment, etc.)
- Recent 1040 tax statement if self-employed

# Download the WIC Shopper App

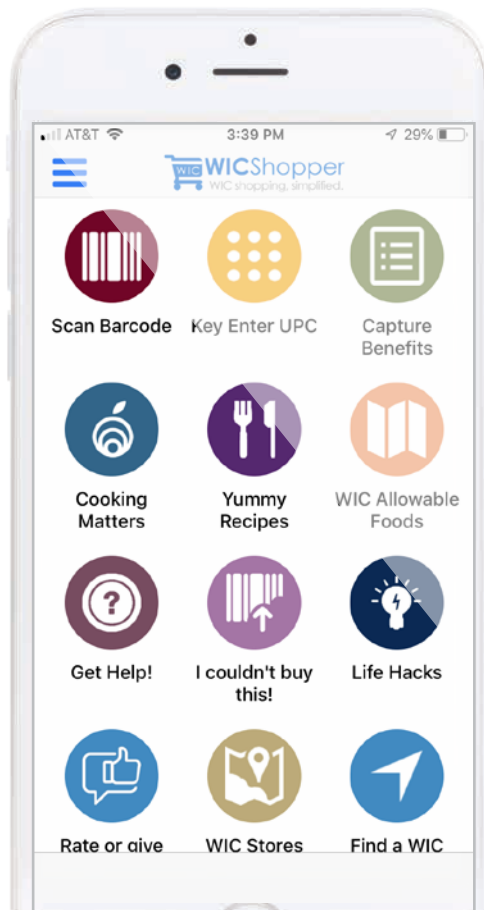
The free WIC Shopper app lets you review available food benefits, scan products to identify WIC allowed foods, find WIC clinics and WIC-approved stores and view recipes on your smartphone.

 Watch videos on using benefits

 Scan UPC Codes while shopping to see if the item is WIC approved

 Get alerts for appointment reminders and expiring benefits

 Find WIC approved stores and foods



Connecting for a healthy future

Do your nutrition education ONLINE.

Follow these easy steps:

- 1 Go to wichealth.org
- 2 Create an account and set up your profile
- 3 Complete a lesson from one of the 8 categories
- 4 Fill out the survey
- 5 Print or email your certificate of completion

ID:  
Username:  
Password:  
WIC Clinic:

## The Kansas WIC Client Portal

### View Your WIC Information

- Current and past appointment details
- What you need to bring to your appointment
- Review your nutrition goals
- Text message reminders
- Q&A

### How do you sign up?

Go to [www.kswic.com](http://www.kswic.com) to register.

You will need the following information:

- WIC ID number for a person in your family
- Birth date for the person whose ID number you entered
- Email address

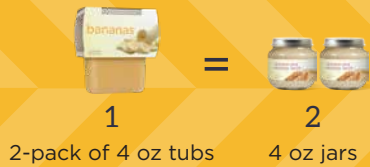
## Baby Food

### Fruits & Vegetables

4 oz containers and multi-packs of two 4 oz containers to total 8 oz

- Single or mixed fruits
- Single or mixed vegetables

**Not Approved:** desserts, dinners, cobblers, delights, organic, added sugar, starch, or DHA/ARA



#### Tip

When buying baby food fruits and vegetables, a 2-pack of 4 oz containers is counted as 2 containers.

### Meats

2.5 oz containers

**Available to exclusively breastfed babies only.**

- Single meats with broth
- Single meats with gravy

**Not Approved:** dinners or organic

#### Brands

Brands that have products to meet the criteria for baby food include: Beechnut, Gerber, Tippy Toes and Kroger



## Infant Cereal

8 oz or 16 oz containers

**Brands:** Beech-Nut and Gerber

Choice of:

- Barley
- Mixed
- Oatmeal
- Rice
- Whole Wheat

**Not Approved:** cereal with added fruit, formula, DHA/ARA or organic

## Infant Formula

The brand, type and size as listed on the current benefits.

**Not Approved:** any other brand, type or size

## Milk

All approved milk is fortified with Vitamin D.

**Type and container size listed on the current benefits**

**Children 1 Year Old** — Whole milk, Lactose Free whole milk, or whole evaporated milk

**Children 2 to 5 Years Old & Women** — Fat Free milk (skim) & Lowfat milk (1/2%, 1%), Lactose Free Fat Free & Lowfat milk, Fat Free & Lowfat Evaporated milk, or Nonfat Dry milk

Reduced Fat (2%) milk is only available for certain medical conditions.

**Not Approved:** buttermilk, flavored milk, goat's milk, raw unpasteurized milk, non-dairy milk substitutes\*, rice milk\*, almond milk\*, coconut milk\*, or in glass containers

\*Does not meet minimum nutrition requirements.

## Eggs

**One Dozen**

Choice of:

- Grade AA Large
- Grade A Large

**Not Approved:** brown, free-range, cage-free, specialty eggs or organic



## Cheese

**One 16 oz package or two 8 oz packages**

Choice of:

- Pasteurized Processed American (sliced)
- Colby (block)
- Monterey Jack (block)
- Mozzarella (block)
- Swiss (block)
- Combination of any of the cheeses listed above

**Not Approved:** imported cheese, cheese food, product or spread, shredded cheese, cheese with added flavors, individually wrapped slices or organic

### If the Current Benefits Show

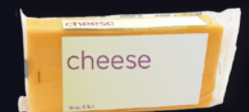
1 pound(s) of **WIC-allowed cheese**

You can buy:



Two 8 oz  
(0.5 lb) packages

or



One 16 oz  
(1 lb) package

## Yogurt

### 32 oz containers

#### Children 1 Year Old – Whole Milk Yogurt:

- **Dannon** – Plain, Strawberry and Vanilla
- **Kroger** – Plain and Vanilla
- **Mountain High** – Plain, Strawberry and Vanilla

#### Children 2 to 5 Years Old & Women – Lowfat & Nonfat Yogurt:

- **Best Choice** – Plain, Strawberry and Vanilla
- **Coburn Farms** – Plain and Vanilla
- **Dannon** – Plain, Strawberry and Vanilla
- **Dannon Light & Fit** – Strawberry and Vanilla
- **Great Value** – Peach, Plain, Strawberry, Strawberry Banana and Vanilla
- **Hiland** – Peach, Plain, Strawberry and Vanilla
- **Hy-Vee** – Blueberry, Peach, Plain, Strawberry, Strawberry Banana and Vanilla
- **Kroger** – Plain, Strawberry and Vanilla
- **LALA** – Mango, Mixed Berry, Peach, Pina Colada, Plain, Strawberry, Strawberry Banana and Vanilla
- **Market Pantry** – Plain and Vanilla
- **Mountain High** – Plain and Vanilla
- **Our Family** – Blueberry, Peach, Plain, Strawberry and Vanilla
- **ShurFine** – Plain
- **Yoplait** – Blueberry, Harvest Peach, Plain, Strawberry, Strawberry Banana and Vanilla

**Not Approved:** any other size, brand, flavor; products with mix-in ingredients such as granola, candy pieces, honey, nuts or similar ingredients; Greek, organic or drinkable

## Soy Beverage

### Half gallon (64 oz) or Quart (32 oz) containers

- **8th Continent** – Original and Vanilla
- **Great Value** – Original
- **Silk** – Original and Aseptic (shelf stable) Original
- **WestSoy** (shelf stable) – Organic Plus Plain and Organic Plus Vanilla

**Not Approved:** any other size, container, type, flavor or brand

## Tofu

### 16 oz containers

- **Azumaya** – Firm
- **House** – Medium Firm, Firm and Extra Firm
- **Nasoya** – Silken

**Not Approved:** any other size, container, type, flavor or brand

## Dried Beans/ Peas

### 1 lb (16 oz) or 2 lb (32 oz) bag

Any brand

Choice of:

- Dried Beans
- Peas
- Lentils

**Not Approved:** soup mixes

## Canned Beans

### 15 - 16 oz can

Any brand

- Black Beans
- Black-Eyed Peas
- Crowder Peas
- Fat-Free Refried Beans
- Garbanzo Beans (Chick Peas)
- Great Northern Beans
- Kidney Beans (any color)
- Lentils
- Lima or Butter Beans
- Navy Beans
- Pinto Beans
- Purple Hull Peas
- Red Beans
- Split Peas

**Not Approved:** green beans, baked beans, flavored beans, pork and beans or chili beans, soups, beans containing added sugars, fats, meats or oils

## Fish

### 3 - 15 oz containers

Any brand

**Available to exclusively breastfeeding mothers and pregnant or breastfeeding mothers with twins or triplets.**

### Light Tuna, chunk

- Packed in water or oil

### Pink Salmon

- Packed in water or oil

**Not Approved:** albacore tuna, tuna spreads, smoked or any other type of salmon, lunch packs or fish with added flavoring



## Fresh Fruits & Vegetables

- Any variety of fresh fruits and vegetables
- Bagged salad mixes
- Bagged vegetables
- Bagged fruit
- Cut fruit or vegetables

**Not Approved:** canned, frozen, items from the salad bar, party trays, fruit baskets, decorative fruits or vegetables, nuts, kits with sauces and/or dressings, leafy herbs or spices (e.g. basil, cilantro, parsley, etc.)

Keep fruits and vegetables fresh longer.

### Tip:

If the product is:

**Stored cold** at the grocer → keep it in the **fridge**.

**Room temperature** → keep it on the **counter**.

- Refrigerate pre-cut or peeled produce.
- Wash produce just before eating, cutting or cooking.

If the cost of your fruits and vegetables is more than your benefit balance, you can pay the difference with SNAP, credit/debit card, or cash.



## Tip

- 1 Weigh your fruits and vegetables to determine cost!
- 2 Place the item on the grocery scale
- 3 Round the weight up to the nearest pound or half pound
- 4 Estimate the cost by multiplying the weight X item price

Use this chart to help you calculate

Item Price Per Pound	Pounds							
	1½	2	2½	3	3½	4	4½	5
<b>\$0.69</b>	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42	\$2.76	\$3.11	\$3.45
<b>\$0.99</b>	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47	\$3.96	\$4.46	\$4.95
<b>\$1.49</b>	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22	\$5.96	\$6.71	\$7.45
<b>\$1.69</b>	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92	\$6.76	\$7.61	
<b>\$1.99</b>	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97	\$7.96		
<b>\$2.49</b>	\$3.74	\$4.98	\$6.23	\$7.47				

# Juice

## 100% Fruit Juice Only

Only the container size listed on the current benefits

### Orange Juice




Any brand

- Concentrate (frozen or non-frozen) 11.5-12 oz
- 64 oz shelf stable and refrigerated
- With or Without Calcium

### Frozen Concentrate

11.5 - 12 oz only


For Women

- |   |   |   |   |   |
|---|---|---|---|---|
| <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>                                      | <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>                  | <br><ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> </ul>                   | <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>                                      | <br><ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> <li>• Pineapple Orange</li> </ul> |
| <br><ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> <li>• Pineapple</li> </ul> | <br><ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> </ul> | <br><ul style="list-style-type: none"> <li>• Any flavor with a green lid (100% Juice)</li> </ul> | <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>                                      | <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>  |
| <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>                                       | <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>                  | <br><ul style="list-style-type: none"> <li>• Apple</li> </ul>                                    | <br><ul style="list-style-type: none"> <li>• Any flavor with a yellow band (100% Juice)</li> </ul> |   |

### Non-Frozen Concentrate

11.5 - 12 oz only




For Women

- 
- Any flavor with a yellow band (100% Juice)

### Shelf Stable

64 oz only

For children

- |  |   |   |   |
|--|---|---|---|
| <br><ul style="list-style-type: none"> <li>• Apple Juice</li> <li>• Apple Juice - Natural Style</li> <li>• Cranberry Apple</li> <li>• Cranberry Grape</li> <li>• Cranberry Juice &amp; More</li> <li>• Cranberry - Naturally</li> <li>• Cranberry Pomegranate</li> <li>• Cranberry Raspberry</li> </ul> | <br><ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> </ul> | <br><ul style="list-style-type: none"> <li>• Apple</li> <li>• Berry</li> <li>• Cherry</li> <li>• Cranberry</li> <li>• Grape</li> <li>• Pineapple</li> <li>• Punch</li> </ul> | <ul style="list-style-type: none"> <li>• Tomato</li> <li>• White Grape</li> <li>• White Grapefruit</li> </ul> |
|--|---|---|---|



- Tomato
- Tomato - Low Sodium



- Apple
- Cranberry
- Cranberry Grape
- Grape
- Pineapple
- Tomato
- White Grape
- White Grape Peach



- Apple
- Apple Cider
- Apple - Premium
- Concord Grape
- Cranberry
- Cranberry Apple
- Cranberry Raspberry
- Grapefruit
- Just Juice Apple
- Just Juice Berry
- Just Juice Cherry
- Just Juice Grape
- Just Juice Fruit Punch
- Pineapple
- Tomato
- White Grape



- Any flavor (100% Juice)



- Apple
- Grape
- White Grape
- White Grape Peach



- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange
- Pineapple
- Apple Peach Mango
- Concord Grape
- Grape
- Grape Juice Plus
- Harvest Apple Plus
- Pineapple
- Pineapple Orange
- Prune Juice Plus
- Red Grape
- Ruby Red Grapefruit
- Tomato
- White Grape



- Apple
- White Grape



- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape



- Apple
- Premium Apple



- Blueberry
- Blackberry Acai
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Mango
- Cranberry Pomegranate
- Cranberry Raspberry
- Pomegranate
- Blueberry
- Raspberry
- Blueberry



- Any flavor with 100% juice on the label



- Apple (from concentrate)
- Apple (not from concentrate)
- Fresh Pressed Apple Cider
- Grape
- White Grape



- Apple
- Grape
- White Grape



- Apple



- Apple
- Grape
- Tomato
- White Grape



- Apple
- Grape



- Apple
- Apple Berry
- Apple Grape
- Orange Passionfruit
- Pineapple Orange



- Grape
- Red Grape
- Super Berry
- White Grape

**Not Approved:** juice that has added sugar or DHA, infant juice, organic, refrigerated (except orange), juice cocktails, drinks or ades

# Whole Grains



## Soft Corn (Yellow or White) or Whole Wheat Tortillas

8, 12, 16, 20, 24, or 32 oz packages

- Best Choice
- ChiChi's
- Don Pancho
- Guerrero
- Hy-Vee
- Kroger
- La Banderita
- La Burrita
- Mama Lupe's
- Market Pantry
- Mi Casa
- Mission
- Ortega
- Our Family
- Santa Fe
- Shurfine
- Tio Santi

**Not Approved:** any other brand or size

## Brown Rice

Any brand

16 or 32 oz containers

- Regular
- Quick

14 oz containers

- Instant

**Not Approved:** products with added sugar, salt, flavoring, fat or oil



## Whole Wheat or Whole Grain Pasta

16 oz only

- Barilla
- Full Circle
- Hodgson Mill
- Kroger
- Our Family
- Racconto
- Ronzoni Healthy Harvest
- ShurFine
- Simple Truth

**Not Approved:** any other brand or products that have added sugars, fats, oils or salt (i.e. sodium)

## 100% Whole Wheat Bread, Rolls, Thins and Buns

12, 16, 20 or 24 oz packages

Product labels for breads/rolls/buns must include the words **100% Whole Wheat**. Whole wheat flour must be the first ingredient listed.

To find a complete list of WIC approved breads go to: [www.kansaswic.org](http://www.kansaswic.org)

Things to look for when buying whole wheat bread...



**STEP 1:**  
**Check the Label**

Label says "100% Whole Wheat"



**STEP 2:**  
**Check the Ingredient List**

Whole Wheat flour is the first ingredient listed

NET WT. 16 OZ.  
(1 LB) 454g

**STEP 3:**  
**Check Ounces in Product**

Make sure to not go over the ounces listed on the current benefits

## How to Spend Your WIC Benefits

 brown rice	- or -	 sandwich thins	- or -	 whole wheat tortillas
<p>Any combination of two 16 oz items (bread, tortillas, rice or pasta)</p> <p>= 32 oz</p>		<p>A 20 oz loaf of bread and a 12 oz package of sandwich thins</p> <p>= 32 oz</p>		<p>A 24 oz loaf of bread and an 8 oz package of tortillas</p> <p>= 32 oz</p>





## Cold Cereal

11 - 36 oz

### Best Choice

- Corn Crisps
- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat\*
- Honey Oat Clusters
- Honey Oat Clusters w/ Almonds
- Maple Brown Sugar Frosted Shredded Wheat\*
- Rice Crisps
- Strawberry Frosted Shredded Wheat\*
- Toasted Oats\*
- Wheat Bran Flakes\*
- Wheat Crisps\*
- Wheat Flakes\*



- Berry Berry Kix\*
- Blueberry Chex
- Cheerios\*
- Cinnamon Chex
- Corn Chex
- Fiber One Honey Clusters\*
- Honey Kix\*
- Kix\*
- Multi Grain Cheerios\*
- Rice Chex
- Vanilla Chex
- Wheat Chex\*
- Wheaties\*
- Whole Grain Total\*

**Not Approved:** any cereal or brand not listed, or organic cereal

**Choose cereals marked with \* for those rich in whole grains.**

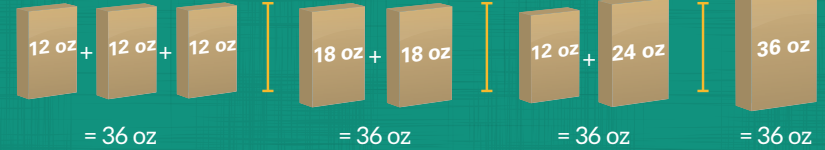


- Bran Flakes\*
- Corn Flakes
- Corn Squares
- Crunchy Honey Oats
- Crunchy Nuggets\*
- Frosted Shredded Wheat Bitesize\*
- Multi Grain O's\*
- O's\*
- Oat Crunch\*
- Rice Crisps
- Rice Squares
- Wheat Squares\*



- Corn Flakes
- Corn Squares
- Crispy Rice
- Maple Brown Sugar Frosted Shredded Wheat\*
- Oat Squares\*
- Oats & More w/Almonds
- Oats & More w/Honey
- Wheat Bran Flakes\*
- Wheat Flakes\*

## Ways to Buy



- All-Bran Complete Wheat Bran Flakes\*
- Corn Flakes
- Crispix
- Frosted Mini-Wheats Little Bites\*
- Frosted Mini-Wheats Original\*
- Frosted Mini-Wheats Touch of Fruit Raspberry\*
- Rice Krispies
- Special K Original
- Special K Protein Honey Almond Ancient Grains\*
- Special K Protein Original Multi Grain Touch of Cinnamon\*



- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat\*
- Toasted Rollin' Oats\*



- Bran Flakes\*
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat Strawberry Cream\*
- Honey Crisp Medley w/ Almonds
- Living Well\*
- Nutty Nuggets\*
- Oat Squares\*
- Rice Squares
- Toasted Oats\*



- Blueberry Mini Spooners\*
- Corn Flakes
- Crispy Rice
- Frosted Mini Spooners\*
- Strawberry Cream Mini Spooners\*



- Corn Flakes
- Crispy Rice



## Cold Cereal (Continued)

11 - 36 oz



- 4 Corner Crunch Original\*
- Bran Flakes\*
- Corn Flakes
- Corn Squares
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat\*
- Multi Grain Toasted Oats\*
- Oats and More w/Almonds
- Oats and More w/Honey
- Rice Squares
- Tasteeos/Toasted Oats\*



- Grape Nuts\*
- Grape Nuts Flakes\*
- Great Grains Banana Nut Crunch\*
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats Pecan & Maple Brown Sugar
- Honey Bunches of Oats Whole Grain Almond Crunch\*
- Honey Bunches of Oats Whole Grain Honey Crunch\*
- Honey Bunches of Oats w/ Almonds
- Honey Bunches of Oats w/ Cinnamon Bunches
- Honey Bunches of Oats w/ Vanilla Bunches\*



- Life\*
- Oatmeal Squares Cinnamon\*
- Oatmeal Squares Golden Maple\*
- Oatmeal Squares Hint of Brown Sugar\*
- Oatmeal Squares Honey Nut\*



- Corn Flakes
- Corn Squares
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat\*
- Tasteeos/Toasted Oats\*
- Wheat Bran Flakes\*



- Corn Flakes
- Corn Squares
- Crispy Rice
- Crunchy Corn & Rice
- Frosted Shredded Wheat Bite Size\*
- Oats and More w/ Almonds
- Oats and More w/Honey
- Rice Squares
- Tasteeos/Toasted Oats\*
- Wheat Bran Flakes\*
- Wheat Squares\*



- Simple Granola\*

## Hot Cereal

11 - 36 oz



- Creamy Farina
- Instant Regular Oatmeal\*



- Co Co Wheats



- Cream of Rice
- Cream of Rice Instant



- Cream of Wheat - 1 Minute
- Cream of Wheat - 2 1/2 Minute
- Cream of Wheat Instant
- Whole Grain Cream of Wheat\*
- Whole Grain Cream of Wheat Instant\*



- Instant Regular Oatmeal\*



- Original Instant Oatmeal\*
- Grits Instant Butter Flavor



- Chocolate Hot Wheat Cereal
- Original Hot Wheat Cereal



- Maple Oatmeal\*
- Vermont Style Maple Oatmeal\*



- Instant Oatmeal Regular Flavor\*



- Instant Grits Original
- Instant Oatmeal Original\*



- Instant Oatmeal Original Flavor\*

**Not Approved:** any cereal or brand not listed, or organic cereal

**Choose cereals marked with \* for those rich in whole grains.**





# Breastfeed!

Mom & Baby Get More Food

## Breastfeeding Is Healthy For Moms & Babies

Every family can help their baby develop and grow with breast milk. It's also a healthy, affordable solution.

### Healthy For Moms

- Helps keep your bones strong, which will protect you from osteoporosis in the future
- Less prep work for you – milk is readily available at the right temperature
- Reduces risk of type 2 diabetes, and also reduces the risk of breast and ovarian cancers

### Healthy For Babies

- Best possible nutrition
- Easy to digest
- Helps prevent chronic diseases like diabetes, asthma, heart disease, and cancer
- Reduces risk of SIDS, ear infections, RSV, and diarrhea
- Promotes brain growth. Studies show that children who were breastfed have higher IQs.

### Great For Families

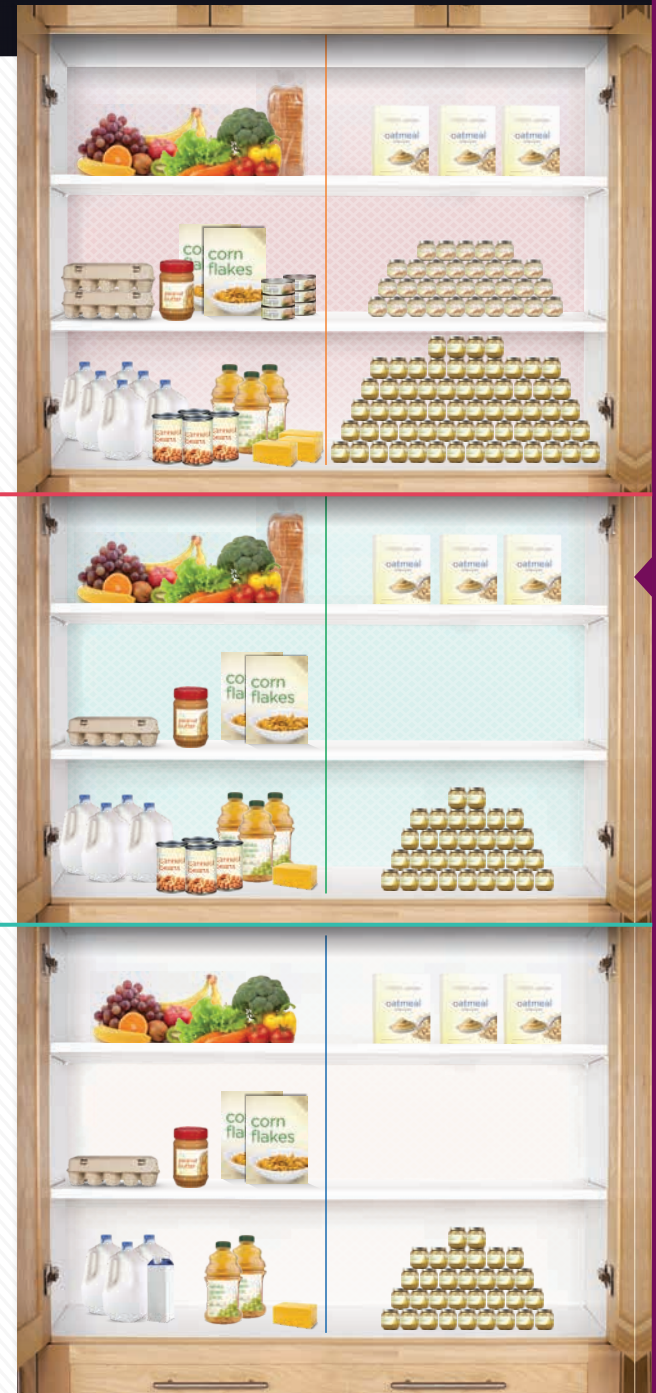
- Helps moms and babies stay healthy
- Healthy moms and babies are more active and ready for play
- Saves time, money and the environment

Kansas WIC has Lactation Consultants and Peer Counselors on staff to provide breastfeeding support at no cost. WIC can help with any challenges including the transition back to work or school.

Fully  
Breastfeeding  
Up to 1 Year

Partially  
Breastfeeding  
Up to 1 Year

Not  
Breastfeeding  
Up to 6 Months



BREASTFEEDING BENEFITS

# Your RIGHTS and RESPONSIBILITIES

For the Kansas Department of Health and Environment WIC Program

## I AGREE TO:

- Attend all scheduled nutrition education classes and appointments.
- Be on time for all appointments.
- Let WIC staff know in advance if I cannot keep an appointment.
- Bring proof of current income, address, and identification for each person applying.
- Give the WIC staff truthful information about my or my child's medical history, my household income and the foods that I eat or my child eats.
- Have my or my child's weight, height and blood checked (finger or heel stick) and a diet assessment.
- Handle my eWIC card carefully - as if it were cash.
- Notify WIC right away if my eWIC card is lost or stolen.
- Buy only WIC foods with my eWIC card.
- Let the WIC staff know if my address, telephone number or income changes, if I am going to move away, or if I no longer have custody of the client.

## I UNDERSTAND THAT:

- WIC will give me an eWIC card to buy certain foods at WIC authorized grocery stores each month.
- WIC will provide referrals to other helpful programs and health services. I am encouraged to participate.
- Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, sex, age, or disability.
- I may appeal any decision made by the local agency regarding my eligibility for WIC.
- **It is illegal to participate in more than one WIC program in any one month. I may be dropped from WIC if I or someone in my household participates in more than one WIC Program in any one month; returns WIC foods for cash or non-WIC foods; sells, trades, or gives away WIC foods, including formula; buys non-WIC foods; uses an unauthorized grocery store; or verbally or physically abuses WIC or grocery store staff. I also may be required to repay benefits.**
- My WIC information may be released to designated public organizations and their programs to see if I qualify for their services, to conduct outreach, to share needed health information with programs I am already participating in, to streamline office procedures, and to help assess the overall health of Kansas families. The list of the designated public organizations is available on the Kansas WIC website at [www.kansaswic.org](http://www.kansaswic.org) or you may request a copy from your local agency.

I have been advised of my rights and responsibilities under the Program. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.



## Important Information

Buying, selling, or trading WIC benefits is NOT ALLOWED. If you do any of these actions, you may have to:

- × **Repay in cash** the value of the food/formula benefits; or
- × **Lose your benefits** from the WIC program.

### Absolutely no:



The following sites regularly monitor and report illegal infant formula sales:



### If you need help with:

Health Insurance

Food Assistance  
Child Care Subsidy/Child Support  
Cash Assistance (TANF)  
Energy Assistance Program (LIEAP)

Quitting Smoking

Mental Health/Depression

### Contact:

**KanCare**  
[www.kancare.ks.gov](http://www.kancare.ks.gov)  
1-800-792-4884

**Department for Children and Families (DCF)**  
[www.dcf.ks.gov](http://www.dcf.ks.gov)  
1-833-765-2003

**Kansas Tobacco Quitline**  
1-800-QUIT-NOW (1-800-784-8669)

**National Suicide Prevention**  
Lifeline - 1-800-273-8255 (English, Spanish, other languages available)  
Text Line - 741741  
Lifeline TTD - 1-800-799-4889

**Substance Abuse and Mental Health Services Administration (SAMHSA)**  
1-800-662-4357 (English/Spanish)

**National Alliance on Mental Illness (NAMI)**  
1-800-950-6264 (English/Spanish)



## Contact your local WIC Agency at:



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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](mailto:program.intake@usda.gov).

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Bureau of Family Health  
Nutrition and WIC Services  
1000 SW Jackson, Suite 220  
Topeka, KS 66612