

# Strengthening WIC Referrals in the Healthcare Setting

## Tools to Connect Patients to WIC

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*Created in collaboration with Dr. Rosemary Hunter at  
Monroe Carell Jr. Children's Hospital at Vanderbilt*



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# ABOUT TJC

The mission of the Tennessee Justice Center (TJC) is to use the law to advance economic, racial, and social justice by relentlessly working for and with Tennesseans seeking better lives for themselves and their neighbors.

We help Tennesseans one-by-one and then take what we learn from their stories to advocate for large-scale healthcare and nutrition policy changes that help others experiencing similar situations. In addition to helping individuals, we use the law and advocacy to ensure that Tennesseans can meet their most basic needs and have a pathway to opportunity.

## FREE HELP

We provide **free direct services** to help Tennesseans navigate some healthcare and nutrition public benefits programs, such as TennCare, SNAP, and WIC.

## TRAININGS & RESEARCH

We provide **education, trainings, and research** to help inform the community and advocates about how to navigate programs that provide healthcare and nutrition assistance. We also provide education on how we can improve and protect these programs.

## LITIGATION

We **identify and fix legal issues** that prevent public programs from working as they should, ensuring that our healthcare system is fair and just for all.

## PROGRAMS OF FOCUS AT TJC

### ★ TennCare

Tennessee's Medicaid program that offers free health insurance to pregnant women, children, caretaker relatives of children under 19, some adults aged 65 and older, and individuals with disabilities.

### ★ Medicare Savings Program

Medicare Savings Program (MSP) helps people pay for Medicare costs. You might know it as QMB, SLMB, QI, or QDWI.

### ★ CoverKids

Tennessee's Children's Health Insurance Program (CHIP) offers free or low cost health coverage to pregnant women and children.

### ★ TennCare LTSS

TennCare Long Term Support Services (LTSS) programs help pay for facility or home care for individuals with disabilities or older adults.

### ★ WIC

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) supports low-income pregnant, breastfeeding, and postpartum people, along with children up to age 5, by covering food costs, offering healthcare referrals, and providing nutrition education & breastfeeding support.

### ★ SNAP

Supplemental Nutrition Assistance Program (SNAP) supplements family food budgets to promote access to healthy food & reduce food insecurity.

### ★ Summer EBT

Summer EBT provides grocery-buying benefits to low-income families with school-aged children when schools are closed for the summer.

### ★ School Meals for All

School Meals for All is a statewide campaign to ensure that every student in Tennessee has access to breakfast and lunch at school at no cost to their families.

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The remaining pages of this toolkit (beyond page 16) contain flyers and resources for your team to distribute. Please contact [nutrition@tnjustice.org](mailto:nutrition@tnjustice.org) for questions or more information.

# THE SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

WIC is the nation's premier public health and nutrition program. Across the US and in Tennessee, WIC provides low-income families vital resources to support their healthy growth and development during integral stages and years of life. The program has supported households since 1974, and participation in WIC leads to positive health outcomes later in life.

## Who is Eligible for WIC?

- Income-eligible families up to 185% of the Federal Poverty Level
- Pregnant, postpartum, and breastfeeding people
  - Postpartum mothers are eligible for 6 months postpartum if they are not breastfeeding and up to one year postpartum if they are breastfeeding
- Infants and children up to age 5
  - Primary caregivers (such as single fathers, grandparents, legal guardians, foster parents, etc.) can receive WIC for a child under five in their care
- Tennessee residents, regardless of immigration status

## TJC RESEARCH

TJC collaborated with Dr. Rosemary Hunter at Monroe Carrell Jr. Children's Hospital at Vanderbilt to bolster the connection between healthcare providers and the WIC program. Using a mixed methods research design, which combined qualitative and quantitative data collection methods, the research team aimed to comprehensively understand healthcare providers' knowledge of WIC and their ability to connect patients to resources in the community, particularly the WIC program.



### Surveys

Surveyed **70 healthcare providers & 356 people** who currently participate, have participated, or have never participated in WIC about their knowledge of & connection to WIC



### Interviews

Interviewed **19 individuals** who work in a healthcare setting about their knowledge of WIC & referral processes



### Focus Groups

Conducted **6 focus groups**, all with individuals who are eligible for WIC but not participating, to understand perceptions of WIC & barriers

# WIC Services



## Nutritious Food

WIC provides a food package of specific food items that meet the current Dietary Guidelines for Americans and recommendations from the National Academies of Science, Engineering, and Medicine (4). The food package is determined based on whether the participant is pregnant or breastfeeding and the child's age; therefore, the food package reflects the unique dietary and nutritional needs of the participant. Each food package contains dairy products, protein, fruits, vegetables, and whole grains. Participants receive an Electronic Benefits Transfer (EBT) card loaded with benefits used to buy food at WIC-approved stores.



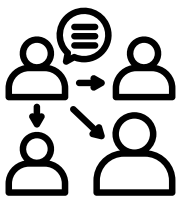
## Breastfeeding Support

WIC supports mothers throughout their breastfeeding journey by providing breastfeeding tools, like breast pumps, and education from International Board-Certified Lactation Consultants and Certified Lactation Counselors. Additionally, WIC has peer counselors, which are mothers who have previously breastfed, to provide support and help WIC participants meet their breastfeeding goals.



## Nutrition Counseling

Dietitians and nutritionists support WIC participants by providing counseling and education. Individuals and families can guide the meetings by choosing their topics of interest, such as how to read food labels or what to eat while pregnant. The counseling is participant-centered and encourages families to eat more fruits and vegetables, whole grains, and fiber, consume less fat and cholesterol, and to breastfeed (2). The participants receive individualized nutrition counseling based on their needs and desires so that their food package has maximum impact.



## Referrals

WIC clinics and their staff connect participants to community resources by referring them to additional health and social services.

# Overall Health Benefits of WIC

WIC improves the health and wellbeing of participants by providing resources and nutrients that are vital to the healthy growth and development of children. The many positive health outcomes associated with WIC enrollment result in life changing support for over 6 million people across the country and over 140,000 people in Tennessee.

## Enhanced Nutrition Access

- Improves access to nutritious foods, especially for low-income families, leading to healthier dietary patterns (1).
- Improves diets as studies show WIC increases mean intakes of iron, vitamin C, thiamin, niacin, and vitamin B6 without increasing food energy intake (2).
- Participating children have better diet quality at 24 months than eligible, non-participating children (10).

**Figure 1:** WIC food packages are composed of science-backed supplemental foods to provide targeted nutrition support to pregnant and postpartum people and children up to 5 years old (8,9).

Key Nutrient	WIC-Eligible Foods that Supply Key Nutrient
Calcium	Milk, yogurt, cheese, fortified plant-based milk (ex. soy), tofu, canned fish with bones (ex. salmon and sardines)
Choline	Milk, yogurt, canned fish, legumes, eggs
Fiber	Breakfast cereals (hot and cold), whole grain foods, legumes (ex. beans, peas, and lentils), fruits and vegetables
Folate / Folic Acid	Fortified breakfast cereals, legumes, eggs, fruits and vegetables
Iron	Fortified breakfast and infant cereals, canned fish, legumes, peanut butter, eggs, whole grain foods, dark leafy vegetables, dried fruits (ex. raisins), infant meats
Magnesium	Milk, yogurt, plant-based milk (ex. soy), tofu, fortified breakfast cereals, whole grain foods, canned fish, legumes, peanut butter, fruits and vegetables
Potassium	Milk, yogurt, fortified plant-based milk (ex. soy), tofu, canned fish, legumes, 100% orange juice, fruits (including dried fruits), vegetables (ex. potatoes and winter squash), soybeans
Protein	Milk, yogurt, cheese, plant-based milk (ex. soy), tofu, canned fish, legumes, peanut butter, eggs, whole grain foods, infant meats
Vitamin A	Milk, yogurt, fortified plant-based milk (ex. soy), fortified breakfast cereals, canned fish, eggs, dark leafy vegetables, red, orange, and yellow fruits and vegetables (ex. sweet potatoes, carrots, bell peppers, and cantaloupe)
Vitamin B12	Milk, yogurt, cheese, fortified plant-based milk (ex. soy), fortified breakfast cereals, canned fish, eggs, infant meats
Vitamin C	100% fruit and vegetable juice, fruits and vegetables (ex. citrus fruits)
Vitamin D	Fortified dairy foods including milk, yogurt and cheese, fortified plant-based milk (ex. soy), fortified breakfast cereals, canned fish, some mushrooms
Zinc	Fortified breakfast and infant cereals, cheese, canned fish, legumes, peanut butter, whole grain oats, infant meats

## Maternal and Child Health Benefits

- Boosts prenatal care access, increasing the likelihood of full-term pregnancies and reducing infant mortality (2).
- Provides tailored nutrition support for pregnant individuals, reducing risks of low birth weight, premature birth, and infant mortality (2).

## Developmental and Academic Gains

- Prenatal participation correlates with better mental development assessments at age two and improved academic outcomes in school (1).
- Linked to lower mental health issues and incidence of grade repetition (3).
- Reduces anemia rates, promotes growth, and improves vocabulary skills among participating children (2,7).

# Overall Health Benefits of WIC

## Weight and Growth Management

- Helps lower childhood obesity rates through nutritious, calorie-appropriate food packages and support for breastfeeding (1).
- Improves growth rates and reduces excess weight gain for children on WIC (1).

## Connection to Health and Social Services

- Refers participants to additional services like Head Start, prenatal care, and financial assistance, promoting a holistic approach to health (2).
- Encourages regular dental care starting from infancy, helping prevent early childhood caries (2).

## Healthcare Access and Immunization Improvements

- Children participating in WIC are more likely to receive preventative healthcare than other low-income children (1).
- Children enrolled in WIC are more likely to be vaccinated than those who discontinue participation (2).

## Breastfeeding Promotion and Support

- Promotes breastfeeding as the best infant feeding method (2).
- Offers education and resources that support breastfeeding, which protects against illnesses and allergies (1,4).
- Pregnant people who participate in WIC are more likely to initiate breastfeeding (1).

## WIC What?!

"WIC What?!" is a series of original videos created by TJC's Nutrition and Communications Teams to inform and spread awareness about the WIC program in Tennessee. Watch our videos across TJC's social media platforms!

Visit [www.tnjustice.org/antihunger#wic](http://www.tnjustice.org/antihunger#wic) to watch!

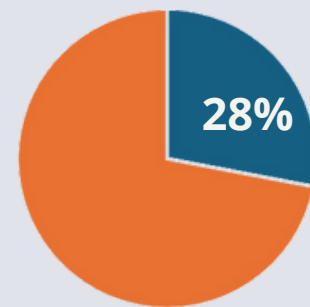
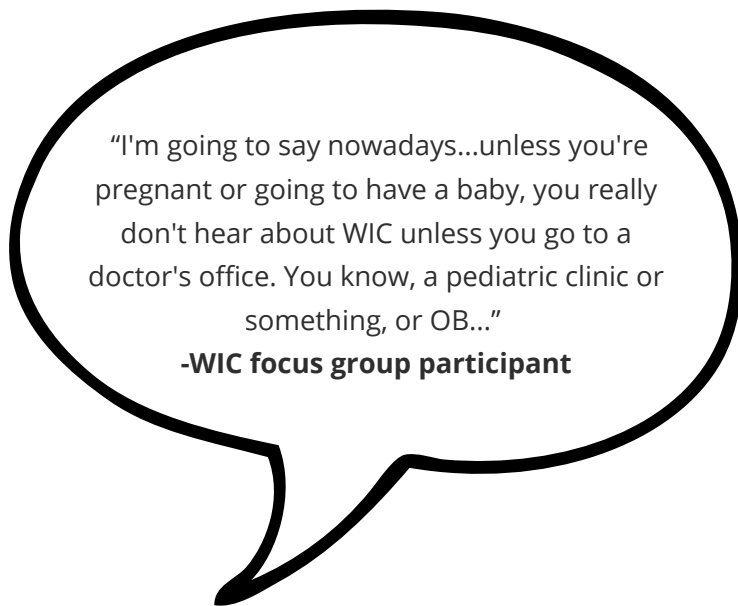


# The Importance of WIC

## Why is it important for healthcare providers to connect their patients to WIC?

The WIC program is widely underutilized across the US and in Tennessee. Only 43.7% of WIC-eligible people in Tennessee participated in the program in 2022, according to USDA Food and Nutrition Service (FNS) data (5). More than half of WIC-eligible people in Tennessee are NOT receiving the health support and benefits of WIC.

When healthcare providers encourage and refer patients to participate in WIC, it is impactful. As trusted community members, healthcare providers are in a unique position to support their patients' connection to WIC. Whether through verbal encouragement, posting flyers, or direct referrals, a healthcare provider's effort to connect their patients to WIC increases food security and supports positive long-term health outcomes.



**of surveyed WIC participants learned about WIC from a healthcare provider**

**Figure 2:** When WIC participants were asked where they first heard about WIC, 28% said they heard about the program from a nurse, doctor, or other medical provider.

## TJC's research focused on connecting patients to WIC through the following steps:

**Step 1:** Screen for food insecurity through a Social Determinants of Health screener

**Step 2:** Educate providers about WIC program eligibility & benefits

**Step 3:** Share WIC information & refer patients via low or high touch methods



# Step 1: Screen for Social Determinants of Health (SDOH)

Healthcare providers are uniquely positioned and equipped to care for the needs of their patients, beyond prescriptions. The Social Determinants of Health (SDOH) are defined as “non-medical conditions that significantly affect health and quality of life” (6). SDOH highlight the need for access to basic needs such as food, housing, and transportation. Limited access to basic needs increases unhealthy conditions and hurts the health of otherwise healthy patients (6). Screening for SDOH brings attention to the basic needs of patients, and this awareness gives providers the necessary information for informed and holistic treatment.

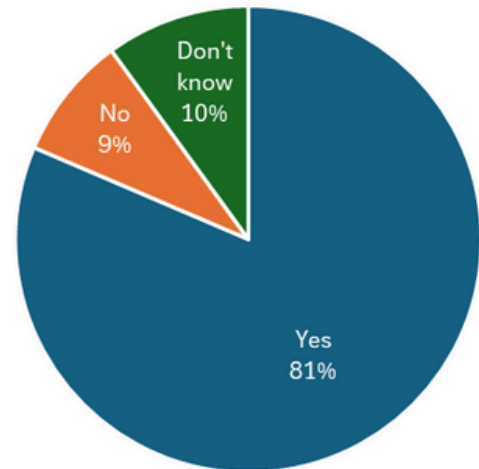
## How did healthcare providers respond to questions about SDOH?

In the *WIC Survey for Healthcare Providers*, physicians and other clinic staff responded to various questions about screening for SDOH and responses to positive screenings.

### Does your practice perform social needs screenings?

n=70

**Figure 3:** All survey respondents were asked if their practice performs social needs screenings. 81% of respondents selected yes, while the other 19% of respondents did not know or did not screen for social needs.



Social Needs Screened (multiple responses allowed)	Percent	Frequency
Food insecurity	88%	50
Personal safety (interpersonal violence, intimate partner violence, etc.)	82%	47
Housing insecurity	81%	46
Transportation	72%	41
Financial insecurity	60%	34
Education/literacy	49%	28
Utilities strain	44%	25
Childcare access	33%	19
Other	16%	9

### What social needs does your practice screen for?

Multiple Responses Allowed, n=57

**Figure 4:** When respondents were asked about what social needs their practice screens for, the most common response was food insecurity (88%). Personal safety and housing insecurity were the next two responses with the highest selection rate (>81%).

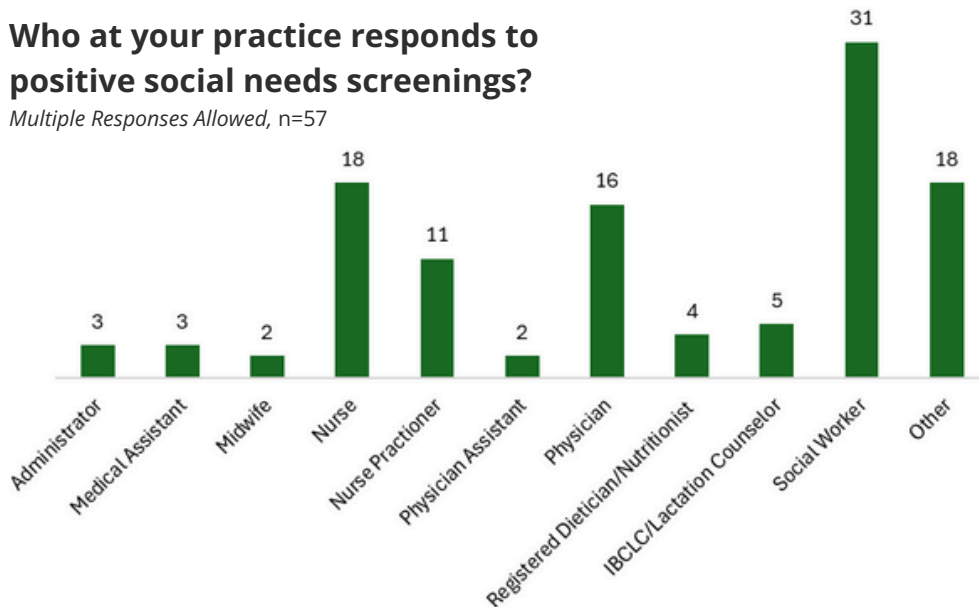
# Step 1: Screen for Social Determinants of Health (SDOH)

## What if a patient screens positive on the SDOH screening tool?

If a patient screens positive on a SDOH screener, ideally, clinics then have resources to address the patient's unmet need(s). For example, if a patient is pregnant and screens positive for food insecurity, then the healthcare provider would refer the patient to the WIC program because it's an excellent resource to combat food insecurity among pregnant people.

### Who at your practice responds to positive social needs screenings?

Multiple Responses Allowed, n=57



**Figure 5:** Healthcare providers were asked who at their practice responds to positive social needs screenings. Respondents selected each option that was true for their clinic. The positions most likely to respond were social workers, nurses, and the "other" category, where respondents most often wrote in case managers or community health workers.

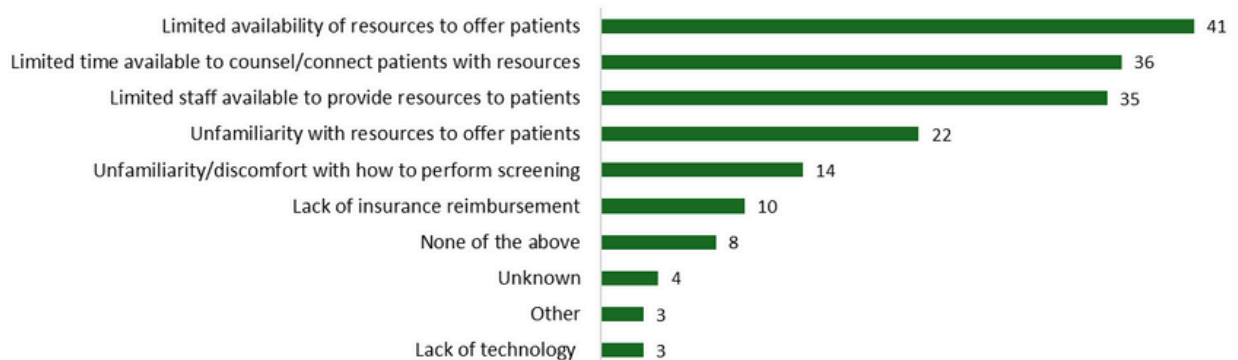
Adding a SDOH screener to the intake process helps meet the needs of patients but may create some challenges. When implementing a SDOH screening tool, ask these questions:

- Does the tool screen for needs that are reflective of the communities the clinic serves?
- What resources are available in the community that would support the SDOH?
- Does the clinic staff have appropriate knowledge of resources to respond to positive screenings?
- How can these resources be shared with patients in a way that is helpful and does not overburden the staff?

**Figure 6:** Healthcare providers selected all barriers that their practice faces in screening for social needs. Limited resources, time, and staff were the most common barriers that providers faced when screening for social needs.

### What barriers, if any, does your practice face in screening for social needs?

Multiple Responses Allowed, n=70

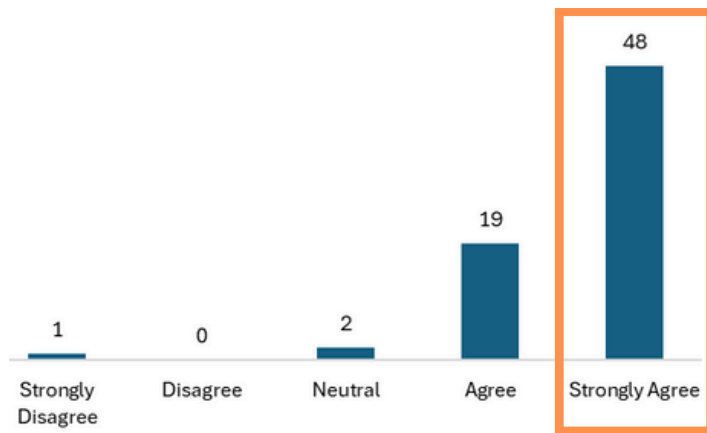


# Step 1: Screen for Social Determinants of Health (SDOH)

As evidenced by **Figure 7** and **Figure 8**, while healthcare providers recognize the importance of screening for food insecurity, many do not have information to help their patients. Providers may identify patients as food insecure; however, they must be equipped with information and resources to connect patients to programs that reduce hunger, like WIC.

**Screening for food insecurity is an important measure to promote patient health and well-being.**

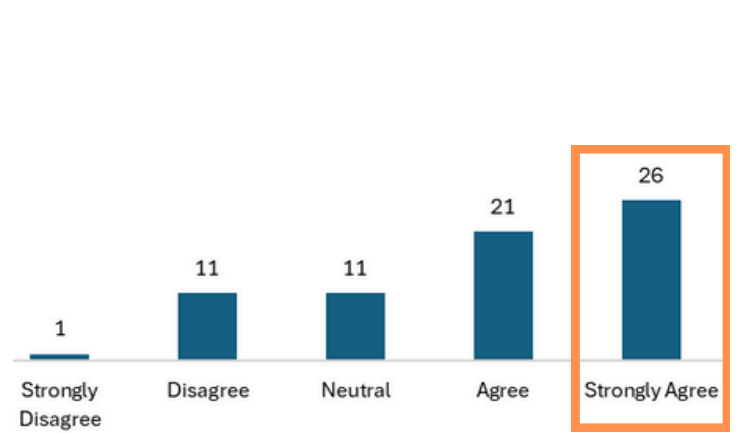
n=70



**Figure 7:** 96% of respondents agreed that food insecurity is an important measure to promote patient health and well-being.

**My practice is familiar with resources with which to connect patients screening as food insecure.**

n=70



**Figure 8:** Only 67% of respondents agreed that their practice is familiar with resources with which to connect patients screening as food insecure.

**Connecting patients to WIC increases access to healthy food.**

**WIC participation reduces food insecurity.**

# Step 2: Inform Providers

Healthcare providers recognize the importance of WIC, yet some lack knowledge about the program. This toolkit aims to reduce hunger by informing more providers about the WIC program and sharing ways to connect patients to its vital benefits.

## Healthcare providers well positioned to talk to patients about WIC:

- Obstetrician/prenatal
- Pediatrician
- Nurse Practitioners
- Nurses
- Medical Assistants
- IBCLCs
- Nutritionists
- Social Workers
- Midwives
- Doulas



## Barriers to Connecting Patients to WIC

Sharing information and educating patients about WIC can help increase awareness and dispel myths, thus boosting WIC participation. Our findings reveal the following as barriers to connecting patients to WIC.

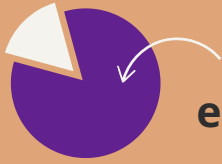
- Lack of knowledge about the WIC program among healthcare providers
  - Diverse needs of patients means healthcare providers must be knowledgeable about many resources in the community
- Lack of knowledge about the WIC program among patients
  - Need for translated materials to educate patients with limited English proficiency
- Limited capacity of healthcare providers
  - Lack of time to share information with patients during an appointment
  - Limited capacity to send WIC referrals
  - Lack of staff available to send WIC referrals

## Additional WIC and Food Insecurity Screening Resources:

- [TN WIC Resources for Healthcare Providers](#)
- [National WIC Association Position Papers and Fact Sheets](#)
- [AAP & FRAC Toolkit for Pediatricians to Address Food Insecurity](#)
- [FRAC's Connecting Your Patients to WIC video](#)

**Contact the Tennessee Justice Center to do a free WIC training for your staff!**

# Step 3: Refer Patients to WIC



90% of survey respondents said 'yes' they encourage their patients to participate in WIC!

## How does your practice encourage participation in WIC?

Multiple Responses Allowed, n=57

WIC Encouragement (multiple responses allowed)	Percent	Frequency
Verbal encouragement	86%	49
Provide patients with WIC office phone number	53%	30
Provide patients with papers/flyers with information about WIC	46%	26
Direct referral to the WIC program	39%	22
Displaying WIC posters	16%	9
Provide patients with information about WIC through electronic communications	16%	9
Unknown	2%	1
Other	2%	1

**Figure 9:** 86% of respondents said they verbally encouraged their patients to participate in WIC, and 46% of respondents had flyers or information about WIC to give their patients. Finally, only 39% of respondents said that they made a direct referral to the WIC program.

## If your practice makes referrals to WIC, how does your practice make referrals?

Multiple Responses Allowed, n=57

**Figure 10:** 46% of respondents said they provided patients with the phone number of the WIC office. Additionally, 46% of respondents also selected that they provided WIC information electronically. Finally, only 9% of respondents said that they made a direct electronic referral to the WIC program.

WIC Referral Methods (multiple responses allowed)	Percent	Frequency
Provide patients with WIC office phone number	46%	26
Provide patients with information on connecting with WIC through electronic communications	46%	26
In clinic support (social workers, resource specialist, etc.)	39%	22
N/A	28%	16
Referral of patients/families to a local agency/community resource that can make a connection to WIC	28%	16
Direct electronic referral to WIC	9%	5
Unknown	9%	5
Other	4%	2

# Step 3: Refer Patients to WIC

## Low Touch Referrals

A low touch referral takes less time and effort for the clinic but still provides important information to patients who are potentially eligible for WIC. For healthcare providers with limited capacity, simply sharing WIC information is a great place to begin. Any information shared about WIC eligibility is better than none!

- Display WIC flyers in English, Spanish, Arabic, and Ukrainian (available at the end of the toolkit) in the waiting area.
- Keep WIC local clinic **contact information** on hand.
- Provide WIC flyers in multiple languages (available at the end of the toolkit).
- Invite the local WIC office or TJC to present information about WIC to your staff.
- Inquire about WIC participation:
  - Embed a question about WIC enrollment into the general intake process **or** ask patients during their appointments if they participate in WIC.
  - If the answer is “no,” encourage participation and provide information about the program (WIC flyers) and/or contact information for their local WIC clinic. To easily incorporate this into clinic flow, this could happen at defined visit intervals.

## High Touch Referrals

A high touch referral takes more effort from the clinic or healthcare provider at the start, but ideally, a referral system is embedded into the clinic’s existing system, lessening the burden on clinic staff to make consistent WIC referrals.

- Promote the WIC program via electronic messaging systems (text, email, video, etc.).
- Reach out to the local WIC clinic(s) to create a relationship and determine the best method to refer patients. Find all TN WIC clinic contacts **HERE**.
- Screen for the Social Determinants of Health (SDOH) and choose a referral method.
  - Utilize clinic staff, like social workers or community health workers, for referrals.
  - Refer patients to a local community agency to assist with resource connection.
  - Complete the **TN WIC Referral Form** on behalf of your client and fax it to their local WIC clinic. Find the WIC clinic fax numbers **HERE**.
  - Refer patients through the electronic medical record system.
- Co-locate a WIC liaison in larger clinics or hospital systems.

# Summary

## RESEARCH REVEALED THAT WHILE TENNESSEE HEALTHCARE PROVIDERS RECOGNIZE THAT WIC IS IMPORTANT, THEY NEED MORE INFORMATION ABOUT THE PROGRAM.

Tennessee healthcare providers can improve WIC participation by following these steps:

**Step 1:** Screen for food insecurity through a SDOH screener

**Step 2:** Educate providers about WIC program eligibility & benefits

**Step 3:** Share WIC information & refer patients via low or high touch methods

Interested in improving the WIC program across Tennessee?  
Join WIC Champions, the statewide network of WIC advocates.



The remaining pages of this toolkit contain flyers and resources for your team to distribute. Please contact [nutrition@tnjustice.org](mailto:nutrition@tnjustice.org) for questions or more information.

# Endnotes

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# Tennessee WIC Program Referral

To receive WIC Program benefits, applicants must be determined to have a medical or nutritional risk. The WIC assessment includes current anthropometric measures and periodic blood screening. To refer a patient to WIC, please complete this form and send it to the patient's local health department or WIC clinic.

## WIC offers families:

- ✓ Tips for eating well to improve health
- ✓ Breastfeeding promotion and support
- ✓ An EBT card to buy healthy foods
- ✓ Health and Social Service referral

**The WIC program is for pregnant women, breastfeeding women, postpartum women, infants, and children up to the age of 5.**

Please fill out this referral, and fax or email a copy to your local WIC office.

Find WIC office contact information at [tn.gov/wic-clinics](https://tn.gov/wic-clinics).

WIC Phone #: \_\_\_\_\_ WIC Fax #: \_\_\_\_\_  
WIC Email: \_\_\_\_\_

## WIC APPLICANT/PATIENT INFORMATION *(to be completed by HCP)*

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_  
PATIENT PHONE #: \_\_\_\_\_ PRIMARY LANGUAGE: \_\_\_\_\_  
HEIGHT/LENGTH: \_\_\_\_\_ in/cm (Date: \_\_\_\_\_) WEIGHT: \_\_\_\_\_ lb/kg (Date: \_\_\_\_\_)  
HCT OR HGB: \_\_\_\_\_ (Date: \_\_\_\_\_)  
ESTIMATED DATE OF DELIVERY (if pregnant): \_\_\_\_\_  
NUTRITION & HEALTH CONCERNS (if applicable): \_\_\_\_\_  
\_\_\_\_\_

## HEALTHCARE PROVIDER INFORMATION

OFFICE/CLINIC NAME: \_\_\_\_\_  
PHONE #: \_\_\_\_\_ FAX #: \_\_\_\_\_  
EMAIL (if available): \_\_\_\_\_  
PHYSICIAN'S (or designee) SIGNATURE: \_\_\_\_\_

Visit [tn.gov/wic](https://tn.gov/wic)



# Connect Patients to WIC

## For Health Care Providers



**Do you care for pregnant, nursing, or post-partum parents, and children? Connect your patients to nutritious food and health resources through WIC.**

**Physicians and healthcare providers are trusted messengers. Your referral and education regarding WIC can help families.**

## Who Qualifies?

- **Pregnant, post-partum, and breastfeeding individuals**
- **Infants and children up to age 5**
- **Residents of TN**
- **Individuals who meet income requirements (below 185% of FPL)**

## Help Connect Patients to WIC

- Display WIC information in your offices
- Make referrals
- Tell patients about WIC
- Coordinate with your local WIC agency to share information

All paperwork and other information, including a list of local county WIC offices, can be found by visiting [tn.gov/wic](https://www.tn.gov/wic)

## What Next?

Stay informed and connected about your role as a provider by joining TJC's WIC Champions group! To join, visit [tnjustice.org/antihunger#wic](https://tnjustice.org/antihunger#wic) or scan this QR code:





# 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>

### 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 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](http://tnjustice.org/antihunger#wic) for more info



## Un Programa para la Salud de Mujeres, Bebés, y Niños



### ¿Cuáles son los Beneficios?

- Tarjeta WIC con fondos disponibles para comprar comida nutritiva
- Educación y orientación sobre nutrición
- Derivaciones para acceder a otros servicios de salud y sociales
- Educación sobre lactancia y apoyo

### ¿Quién es Elegible?

- Mujeres encintas, posparto y que dan el pecho
- Bebés y niños hasta los 5 años de edad
- Cuidadores principales (tales como papás, abuelos y padres de acogida) pueden solicitar los beneficios para el niño
- Individuos por debajo del límite de ingresos o inscritos en SNAP, TennCare o TANF
- Residentes de Tennessee – NO necesitan contar con personalidad jurídica

Visitar este sitio web para ver si usted es elegible para inscribirse: <http://bit.ly/WIClearn>

### ¿Cómo Solicitar la Cita?

Llamar al Departamento de Salud para programar una cita en su oficina WIC local: 800-342-5942, o visite este sitio web para encontrar la oficina WIC más cercana a usted: <http://bit.ly/WIClearn>

### ¿Qué Traer a su Primera Cita de WIC?

Traiga un artículo de cada categoría

#### 1. Prueba de identidad

Licencia de conducir  
Pasaporte  
Tarjeta de seguro social  
Certificado de nacimiento  
Pulsera de identificación del hospital  
Registros de vacunación

#### 2. Prueba de residencia en TN

Recibo o factura de servicios públicos reciente  
Recibo de alquiler o hipoteca  
Correspondencia con el nombre y dirección de usted  
Recibo de hotel o motel

#### 3. Prueba de ingresos

Tarjeta SNAP, TennCare o TANF  
Talón de pago  
Extracto bancario  
Declaración de impuestos

#### 4. Prueba de embarazo (si estás embarazada)

Ver [tnjustice.org/antihunger#wic](http://tnjustice.org/antihunger#wic) para más info.

## برنامج لصحة السيدات وحديثي الولادة والأطفال

### ما المزايا؟

- بطاقة برنامج WIC شاملة رصيد مالي لشراء أغذية مفيدة
- التوعية والمشورة فيما يخص التغذية
- الإحالات إلى الخدمات الصحية والاجتماعية الأخرى
- التوعية والدعم بخصوص الرضاعة الطبيعية



### من المستحق؟

- السيدات الحوامل والوالدات حديثاً والمرضعات
- حديثو الولادة والأطفال حتى سن 5 أعوام
- مقدمو الرعاية الأساسيون (مثل الآباء والأجداد والآباء بالتبني)
- يمكنهم تقديم طلب للحصول على مخصصات للطفل
- الأفراد الذين يقل دخلهم عن حد الدخل أو المسجلين في SNAP أو TennCare أو TANF
- المقيمون في تينيسي - لستم بحاجة إلى إثبات الموقف القانوني

تفضلوا بزيارة هذا الموقع الإلكتروني لمعرفة ما إذا كنتم  
مستحقين التسجيل: <http://bit.ly/WICenroll>

### ما الذي يجب إحضاره في زيارتك الطبية الأولى مع برنامج WIC؟

يجب إحضار شيء واحد من كل فئة:

#### 1. إثبات الهوية:

- رخصة القيادة
- جواز السفر
- بطاقة الضمان الاجتماعي
- شهادة الميلاد
- سوار التعريف في المستشفى
- سجلات التطعيم

#### 2. إثبات الإقامة في تينيسي

- فاتورة أو إيصال مرافق
- إيصال الإيجار أو الرهن العقاري
- بريد مع اسمك وعنوانك
- إيصال فندق أو نُزل

#### 3. إثبات الدخل

- بطاقة SNAP أو TennCare أو TANF
- كعب شيك الراتب
- كشف حساب مصرفي
- إقرار ضريبي

#### 4. إثبات الحمل (في حالة الحمل)

تفضلوا بالاطلاع على

[www.tnjustice.org/antihunger#wic](http://www.tnjustice.org/antihunger#wic)

لمزيد من الأمثلة

### ما كيفية تقديم الطلب؟

تفضلوا بالاتصال بوزارة الصحة لتحديد موعد للزيارة في عيادة برنامج WIC  
المحلية التابعة لكم: 800-342-5942، أو زيارة هذا الموقع الإلكتروني  
لمعرفة أقرب عيادات WIC إليكم: <http://bit.ly/WIClearn>



## Программа по здоровью женщин, младенцев, и детей



### Какие пособие?

- Карточка WIC для покупки еды.
- Советы и обучение по вопросам питания.
- Направления в другие медицинские и социальные службы.
- Обучение и поддержка грудного вскармливания.

### Кто имеет право?

- Беременные, послеродовые и кормящие женщины.
- Младенцы и дети до 5 лет.
- Основные опекуны (папы, бабушки и дедушки, приемные родители) могут подать заявление на получение пособия для ребенка.
- Лица с доходом ниже установленного предела ИЛИ зарегистрированные в программах SNAP, TennCare или TANF.
- Жители Теннесси – вам не обязательно иметь легальный статус.
- Посетите этот веб-сайт, чтобы узнать, имеете ли вы право на регистрацию : <http://bit.ly/WICenroll>

### Как подать заявку?

Позвоните в Департамент здравоохранения, чтобы записаться на прием в местный офис WIC: 800-342-5942, или посетите сайт, чтобы найти ближайший к вам офис WIC: <http://bit.ly/WIClearn>

### Что взять с собой на первый прием по программе WIC?

Принесите один предмет из каждой категории:

- 1. Подтверждение личности:**  
Водительское удостоверение  
Паспорт  
Карта социального страхования  
Свидетельство о рождении  
Больничный идентификационный браслет  
Записи о вакцинах
- 2. Подтверждение проживания в штате Теннесси.**  
Счет за коммунальные услуги или квитанция  
Квитанция об аренде или ипотеке  
Почта с вашим именем и адресом  
Квитанция из отеля или мотеля
- 3. Подтверждение дохода**  
Карточка SNAP, TennCare или TANF  
Квитанция о зарплате  
Выписка из банка  
Налоговая декларация
- 4. доказательство беременности (если беременна)**  
[See tnjustice.org/antihunger#wic](http://tnjustice.org/antihunger#wic) for more info

# WHAT'S IN THE WIC FOOD PACKAGE?

## 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!**

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

	Fruits & Vegetables	Dairy	Grains	Proteins
<b>Infants (Birth to 11 months)</b>	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) ◆
<b>Children (1 to 4 years)</b>	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) ★
<b>Pregnant &amp; partially breastfeeding or fully breastfeeding (benefits for up to one year)</b>	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) ★
<b>Postpartum, not breastfeeding (benefits for up to 6 months)</b>	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 WICs approval ◆ Allowed once infant turns 6 mo. old

# ¿QUÉ HAY EN EL PAQUETE DE ALIMENTOS DE WIC?

## DATOS SOBRE EL PAQUETE DE ALIMENTOS DE WIC:

- Hay 7 paquetes diferentes de alimentos de WIC, y WIC los adapta para satisfacer las necesidades de los clientes.
- El paquete de alimentos se basa en la cantidad del producto, por lo que si el producto está en su paquete, se puede comprar independientemente del precio.
- Además, hay dólares (conocidos como el beneficio de valor en efectivo) que se pueden gastar en su elección de frutas y verduras en la tienda de comestibles.
- **Recuerde, no todos los productos son para todos los participantes.**

El programa complementario especial de nutrición para Mujeres, Bebés y Niños (Women, Infants and Children, WIC) proporciona alimentos nutritivos a la medida para USTED.

	Frutas y verduras	Lácteos	Granos	Proteínas
<b>Bebés (Desde el nacimiento hasta los 11 meses)</b>	Frutas y verduras (en frascos de comida para bebés o beneficio de valor en efectivo) ◆	Fórmula (solo se proporciona para niños que son parcialmente alimentados con leche materna o que no la consumen en lo absoluto)	Cereal para bebé ◆	Carne en alimentos para bebé (solo para bebés alimentados totalmente con leche materna) ◆
<b>Niños (1 a 4 años)</b>	Jugo, \$26 para frutas y verduras	Leche (leche de vaca, sin lactosa, o de origen vegetal, como la de soya) tofu, yogur, queso, etc. ★	Cereales, granos integrales (trigo integral en panes y pastas, arroz integral, avena y más) ★	Huevos, conservas de pescado, legumbres secas o legumbres enlatadas, mantequilla de maní (u otras de frutos secos y semillas) ★
<b>Embarazadas y parcialmente amamantando o amamantando como único alimento (beneficios por hasta un año)</b>	Jugo, \$47-\$52 para frutas y verduras	Leche (leche de vaca, sin lactosa, o de origen vegetal, como la de soya), tofu, yogur, queso, etc. ★	Cereales, granos integrales (trigo integral en panes y pastas, arroz integral, avena y más) ★	Huevos, conservas de pescado, legumbres secas o legumbres enlatadas, mantequilla de maní (u otras de frutos secos y semillas) ★
<b>Posparto, no amamantando (beneficios por hasta 6 meses)</b>	Jugo, \$47 para frutas y verduras	Leche (leche de vaca, sin lactosa, o de origen vegetal, como la de soya), tofu, yogur, queso, etc. ★	Cereales, granos integrales (trigo integral en panes y pastas, arroz integral, avena y más) ★	Huevos, conservas de pescado, legumbres secas o legumbres enlatadas, mantequilla de maní (u otras de frutos secos y semillas) ★

**Hable con su clínica local de WIC para saber exactamente qué productos se incluirían en su paquete de alimentos. Consulte el sitio web de USDA para obtener más información sobre los diferentes paquetes de alimentos.**



# ما الذي تشمله حزمة أغذية برنامج WIC؟

## حقائق حول حزمة أغذية برنامج WIC:

- توجد 7 حزم مختلفة من أغذية برنامج WIC، حيث يعمل برنامج WIC على تكييفها لتلبية احتياجات العملاء.
- تعتمد حزمة الأغذية على كمية المنتج، لذلك إذا كان المنتج ضمن حزمك، فيمكن شراؤه بغض النظر عن السعر.
- بالإضافة إلى ذلك، يوجد مبلغ من الدولارات (يُعرف باسم ميزة القيمة النقدية) يمكن إنفاقه على الفواكه والخضروات في متجر البقالة.
- تذكر أن كل المنتجات ليست متاحة لكل المشاركين!

برنامج  
التغذية  
الكيميائية للنساء  
والرضع والأطفال  
(WIC) يوفر حزمة  
أطعمة مغذية مصممة  
خصيصاً لك!

البروتينات	الحبوب	الألبان	الفواكه والخضروات	الرضع (من الولادة حتى 11 شهراً)
لحم أغذية الأطفال (قطط للأطفال الذين يرضعون طبيعياً بشكل كامل)	حبوب الإفطار للرضع	الحليب الاصطناعي (متوفر فقط للأطفال الذين يرضعون طبيعياً بشكل جزئي أو لا يرضعون طبيعياً على الإطلاق)	الفواكه والخضروات	
البيض أو الأسماك المعلبة أو الفوليات الجافة أو الفوليات المعلبة، زبدة الفول السوداني (أو زبدة البندق والبيور الأخرى)	حبوب الإفطار، الحبوب الكاملة (القمح الكامل الخبز والمكرونة، أرز الحبوب الكاملة، دقيق الشوفان، والكثير غير ذلك)	ر، خالي من اللاكتوز أو من مصدر نباتي مثل حليب الصويا)، القوف، الزبادي "الروب"، الجبن، وما إلى ذلك	عصير، 26 دولاراً للفواكه والخضروات	الأطفال (من 1 إلى 4 سنوات)
البيض أو الأسماك المعلبة أو الفوليات الجافة أو الفوليات المعلبة، زبدة الفول السوداني (أو زبدة البندق والبيور الأخرى)	حبوب الإفطار، الحبوب الكاملة (القمح الكامل الخبز والمكرونة، أرز الحبوب الكاملة، دقيق الشوفان، والكثير غير ذلك)	الحليب (حليب الأبقار، خالي من اللاكتوز أو من مصدر نباتي مثل حليب الصويا)، القوف، الزبادي "الروب"، الجبن، وما إلى ذلك	عصير، من 47 دولاراً إلى 52 دولاراً من أجل الفواكه والخضروات	النساء اللواتي يرضعن طبيعياً بشكل جزئي أو يرضعن طبيعياً بشكل كامل (مزايًا لمدة تصل إلى عام واحد)
البيض أو الأسماك المعلبة أو الفوليات الجافة أو الفوليات المعلبة، زبدة الفول السوداني (أو زبدة البندق والبيور الأخرى)	حبوب الإفطار، الحبوب الكاملة (القمح الكامل الخبز والمكرونة، أرز الحبوب الكاملة، دقيق الشوفان، والكثير غير ذلك)	الحليب (حليب الأبقار، خالي من اللاكتوز أو من مصدر نباتي مثل حليب الصويا)، القوف، الزبادي "الروب"، الجبن، وما إلى ذلك	عصير، 47 دولاراً للفواكه والخضروات	بعد الولادة، النساء اللواتي لا يرضعن طبيعياً (مزايًا لمدة تصل إلى 6 أشهر)

تحدث إلى عيادة برنامج WIC المحلية لديك لكي تعرف بالضبط المنتجات التي سيتم تضمينها في حزمة أغذيتك!  
اطلع على موقع وزارة الزراعة الأمريكية (USDA) للحصول على مزيد من المعلومات حول حزم الأغذية المختلفة.



# 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**

<b>Category</b>	<b>Amount</b>
<b>Child</b>	<b>\$26.00</b>
<b>Pregnant &amp; Postpartum</b>	<b>\$47.00</b>
<b>Breastfeeding</b>	<b>\$52.00</b>
<b>Exclusively Breastfeeding with Multiples</b>	<b>\$78.00</b>



# BENEFICIOS DEL VALOR EN EFECTIVO DE WIC

## ¡Compra frutas y verduras con sus beneficios de WIC!

Como parte del paquete de alimentos de WIC, los participantes reciben dólares cada mes para gastar en frutas y verduras frescas o congeladas. ¡Los participantes pueden elegir los productos agrícolas que desean comprar para ellos y sus familias!

**Beneficios adicionales de valor en efectivo**  
Frutas y verduras empezando el 1 de noviembre 2023

Categoría	Cantidad
Niños	\$26.00
Embarazada y posparto	\$47.00
Lactancia	\$52.00
Lactancia materna exclusiva con bebés múltiples	\$78.00

*Llama a la oficina de WIC en su condado para inscribirse:*

[tn.gov/wic-clinics](https://tn.gov/wic-clinics)

# مزايا القيمة النقدية لبرنامج WIC

احصل على الفواكه والخضروات مع مزايا برنامج WIC!

كجزء من حزمة الطعام في برنامج WIC، يحصل المشاركون على مبلغ مالي كل شهر لإنفاقه على الفواكه والخضروات الطازجة أو المجمدة. يمكن للمشاركين اختيار المنتجات التي يرغبون في شرائها لأنفسهم ولأسرهم!

مزايا القيمة النقدية الإضافية  
الفواكه والخضروات ابتداء من 1 نوفمبر 2023

المبلغ	الفئة
\$26.00	طفل
\$47.00	الحمل وما بعد الولادة
\$52.00	الرضاعة الطبيعية
\$78.00	الرضاعة الطبيعية الحصرية للتوائم

اتصل بمكتب WIC في مقاطعتك لتسجيل الاشتراك في WIC:

[tn.gov/wic-clinics](http://tn.gov/wic-clinics)

# 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



# ¡DESCARGUE WICSHOPPER APP!

¡Hace que comprar con los beneficios de WIC sea más fácil!

- ✓ Escanear productos
- ✓ Comprobar el paquete de beneficios
- ✓ Ver las próximas citas
- ✓ Localizar la tienda WIC más cercana
- ✓ Aprender nuevas recetas

ESCANEA PARA DESCARGAR



Disponible para productos iOS e Android



# تنزيل تطبيق

## WICSHOPPER APP!



يجعل التسوق بمزايا  
WIC أسهل!

- ✓ امسح المنتجات ضوئياً
- ✓ تحقق من حزمة المزايا
- ✓ اطلع على المواعيد القادمة
- ✓ حدد موقع أقرب متجر WIC
- ✓ تعلم وصفات جديدة

امسح الرمز ضوئياً للتنزيل



Available for iOS & Andoid products