

Women, Infant, and Children (WIC) Food Nutritional Guide

Information: The Special Supplemental Nutrition Program for Women, Infants and Children, also known as WIC, is a federally funded program. The WIC provides food cards for participants that can be used at local grocery stores. Restrictions apply to certain items in stores. Also, the WIC encourages breastfeeding and will provide WIC contract formula.

Local Centers:

224 SE 24th St

Gainesville, FL – 32641

(352) 334-7900

http://www.wicprograms.org/li/fl_alachua-chd-clinic

3600 NE 15th Street

Gainesville, FL – 32609

352-392-6911 x



Link to resource: <http://alachua.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic/index.html>

Step-by-Step Eligibility Guidelines

In order to be deemed eligible, Individuals must meet the following:

1. You must be a pregnant woman or have recently been pregnant, a breastfeeding mother of an infant, an infant, or a child under five years old
2. Income- the family's income must not exceed 185% of the U.S poverty income guidelines and could also be eligible if already receiving food stamps, WAGES or Medicaid
3. You **MUST** have nutrition related need that will be determined by the WIC
4. Standards for eligibility are non-discretionary and will not be judged on the origin of race, color, ethnicity, or gender

Application process: Eligibility for WIC is done in-person through a scheduled appointment and you will need to bring the following documentation. **Attached below is also a sample required form you will need to bring that has been approved by your doctor.**

- Bring EACH family member who is applying to receive WIC services.
- Bring proof of ALL income for everyone in the household (before taxes and deductions are taken out). Income includes such things as: salaries, child support and alimony, foster care payments, interest withdrawn, unemployment compensation, and military earnings; OR, if you receive Medicaid, Temporary Cash Assistance (TCA), or Food Assistance, you are income eligible for WIC. (If you do not receive Medicaid or TCA, but other members of your household receive these benefits, you may be

SNAP & WIC Food Assistance programs

income-eligible for WIC.) WIC staff can verify your enrollment in these programs. However, it is helpful to bring the current "Notice of Case Action" letter, which is proof of eligibility for one or more of these programs.

- Bring ONE proof of where you live (no P.O. boxes). The document must be current and show your name and address. Items that are allowed include a utility bill, bank/insurance statement, or driver's license. You must be currently living in Florida, but you don't have to be a U.S. citizen.
- Bring ONE proof of identification for you and ONE proof of identification for any infant or child applying for WIC, such as a birth certificate, driver's license, crib card, military ID, photo ID, Social Security Card, or hospital record.
- If your doctor has completed the WIC Medical Referral Form, bring this form to your appointment.
- Bring the Social Security Number for each person applying for WIC, if available.
- Bring the immunization (shot) record for each child, if available.



Florida WIC Program Medical Referral Form

Shaded areas **must be completed.** See instructions for completing this form on the reverse side.

Is this client eligible for Healthy Start? Yes No

For WIC Office Use Only:

Date of WIC Certification Appointment _____

Client's Name _____ Birth Date _____ Sex M F

Address _____ Phone Number (_____) _____ - _____

City _____ Zip Code _____ Social Security # _____ - _____ - _____

Parent's/Guardian's Name _____ (for infants and children only)

For Pregnant Women

Height _____ inches Weight _____ lb Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (must be during current pregnancy)

Expected Date of Delivery _____ Date of First Prenatal Visit _____ Prepregnancy Weight _____

For Breastfeeding and Postpartum (Non-Breastfeeding) Women

Height _____ inches Weight _____ lb Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (must be in postpartum period)

Date of Delivery _____ Date of First Prenatal Visit _____ Weight at Last Prenatal Visit _____

For Infants and Children less than 24 months of age

Birth Weight _____ lb _____ oz Birth Length _____ inches

Current Height _____ inches Current Weight _____ lb Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (required once between 6 to 12 months AND once between 12 to 24 months)

For Children 2 to 5 years of age

Height _____ inches Weight _____ lb Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (once a year unless value < 11.1 Hgb or < 33% Hct, then required in 6 months)

Check all that apply. Please refer your client to WIC, even if nothing is checked below. This information assists the WIC nutritionist in determining eligibility, developing a nutrition care plan, and providing nutrition counseling. WIC staff may need to contact you or your staff to obtain more detailed medical information prior to providing WIC services.

- Medical condition (specify) _____
- High venous lead level (5 µg/dl or more)
Lead level _____ Date Taken _____
- Recent major surgery, trauma, burns (specify) _____
- Food allergy (specify) _____
- Current or potential breastfeeding complications (specify) _____
- Other (specify) _____

Nutrition Counseling Requested – specify diet prescription/order _____

WIC Local Agency Address:

I refer this client for WIC eligibility determination:

Signature/Title of Health Professional _____

Date _____ **PLEASE PLACE OFFICE STAMP BELOW:**

Address:

Phone Number:

*****Parent or Guardian: Please bring a copy of your baby's/child's shot record to the WIC office.*****

Instructions for Completing the Florida WIC Program Medical Referral Form

All shaded areas must be completed in order for the form to be processed.

1. Check (✓) YES if the client has been screened and is eligible for Healthy Start. Check (✓) NO if the client is not eligible for Healthy Start. Leave blank if the client has not been screened. Note: Eligibility for Healthy Start does not affect a client's eligibility for WIC.
2. Complete the **client's name and birth date**.
3. Optional Information: the client's sex, mailing address, phone number, city, zip code, social security number, and the parent's or guardian's name for infants and children.
4. Complete the appropriate shaded section for the client.

Pregnant Women: Complete the height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. There is no limit on how old the bloodwork data can be, as long as the measurement was taken during the current pregnancy. Complete the expected date of delivery, the date of the client's first prenatal visit, and the prepregnancy weight.

Breastfeeding Women (eligible up to one year after delivery) and **Postpartum Women—Non-Breastfeeding** (eligible up to 6 months after delivery/termination of pregnancy): Complete the height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. There is no limit on how old the bloodwork data can be, as long as the bloodwork is taken after delivery of the most recent pregnancy. Complete the actual date of delivery, the date of the first prenatal visit, and the weight measurement at the last prenatal visit.

Infants and Children less than 24 months of age: Complete the infant's birth weight and birth length. Complete the current height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. A bloodwork value is required once during infancy between 6 to 12 months of age (preferably between 9 to 12 months of age) and once between 1 to 2 years of age (preferably 6 months from the infant bloodwork value).

Children 2 to 5 years of age: Complete the current height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. A bloodwork value is required once a year unless the value is abnormal (< 11.1 hemoglobin or < 33% hematocrit), then a bloodwork value is required in 6 months.

5. Check (✓) any health problem that you have identified. **Even if you have not identified a health problem, refer the client to the WIC program.**
6. If you would like a nutritionist to counsel your client on a specific diet, check the box and specify the diet prescription or diet order requested.
7. If possible, please provide a copy of the immunization record for infant and child clients.
8. Complete the shaded area at the bottom of the form with the **signature** of the health professional taking the measurement or his/her designee and the office address and phone number. **Stamp** the form with the office stamp or the health professional's stamp.
9. Give this completed form to the client or parent/guardian to bring to the WIC certification appointment or mail/fax the form to the local WIC agency address shown in the bottom left corner of the form.