

—Your Guide to—

TEXAS WIC



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“WIC has been wonderful! They have so many programs that have taught me about health and wellness for my family. They have also provided foods with the nutrients that help me keep my family healthy. Thanks to WIC, I now have the tools I need to make sure my family stays on the path to a healthy lifestyle.”

Roxie, WIC Client

Welcome to WIC!

YOU ARE NOW ONE OF ALMOST A MILLION TEXANS WHO ENJOY THE BENEFITS OF:

- Personalized nutrition and breastfeeding counseling.
- Healthy foods to help you stretch your monthly budget and feed your growing family.
- Peer support groups where WIC families share ideas, recipes, or learn and teach new skills.

WIC will even help you find other services to make being a mom or dad – and raising amazing kids – a little easier.



Now that You are a Part of WIC

You had your first WIC appointment and qualified for the program. What comes next?

STAY CERTIFIED We check your family's health and income every year. This is called getting re-certified. We want you to keep your WIC benefits for as long as you can – until your child is 5.

VISIT YOUR WIC CLINIC ABOUT EVERY 3 MONTHS We schedule your clinic visits about every 3 months so we can reload your WIC card with more food benefits.

BELONG TO A SUPPORTIVE COMMUNITY WIC gives families the chance to get together and share tips about lots of health topics. We even have cooking classes to help you make healthy recipes using WIC foods. Groups discuss things like:

- How to get great nutrition during pregnancy.
- How to reach your breastfeeding goals.
- How to help your children eat healthy – including those picky eaters.
- How to make time for physical activity.

GET BREASTFEEDING SUPPORT

WIC has professional and peer support for breastfeeding moms and it's always available at no cost to our participants.

FIND OTHER RESOURCES WIC can connect you to other services your family might need. We can help you get a breast pump, find a source for immunizations, or offer a referral to other health services or dental care.



FIND PEACE OF MIND

A variety of foods, healthier children, successful breastfeeding, information you need, someone who cares and wants to listen: that's Texas WIC. We are proud to offer healthy foods and friendly experts in nutrition, health, and breastfeeding to assist you. You can count on WIC to be there with support and answers from the beginning of your pregnancy all the way up to your child's fifth birthday.





WIC Foods

The WIC foods in your monthly food package help you get important nutrients. They are low in fat, high in fiber and promote healthy weight. WIC foods give you and your children the energy you need to stay healthy and active in your busy lifestyle.

WHAT YOU CAN BUY

WIC helps you buy many of the healthy foods already on your grocery list. You will still need to buy some food (or formula) on your own, but WIC wants to help out as much as possible! Your monthly food package may include:

- Fruits and vegetables
- 100% fruit and vegetable juices
- Milk, cheese and yogurt
- Eggs
- Whole grains like oatmeal, whole wheat tortillas, bread and pasta
- Healthy cereals
- Beans
- Peanut butter
- Canned tuna or salmon
- Baby formula and baby foods



Visit [TexasWIC.org](https://www.texaswic.org) for more information about the WIC food packages.

Nutrition Benefits of WIC Foods

Fruits and Vegetables

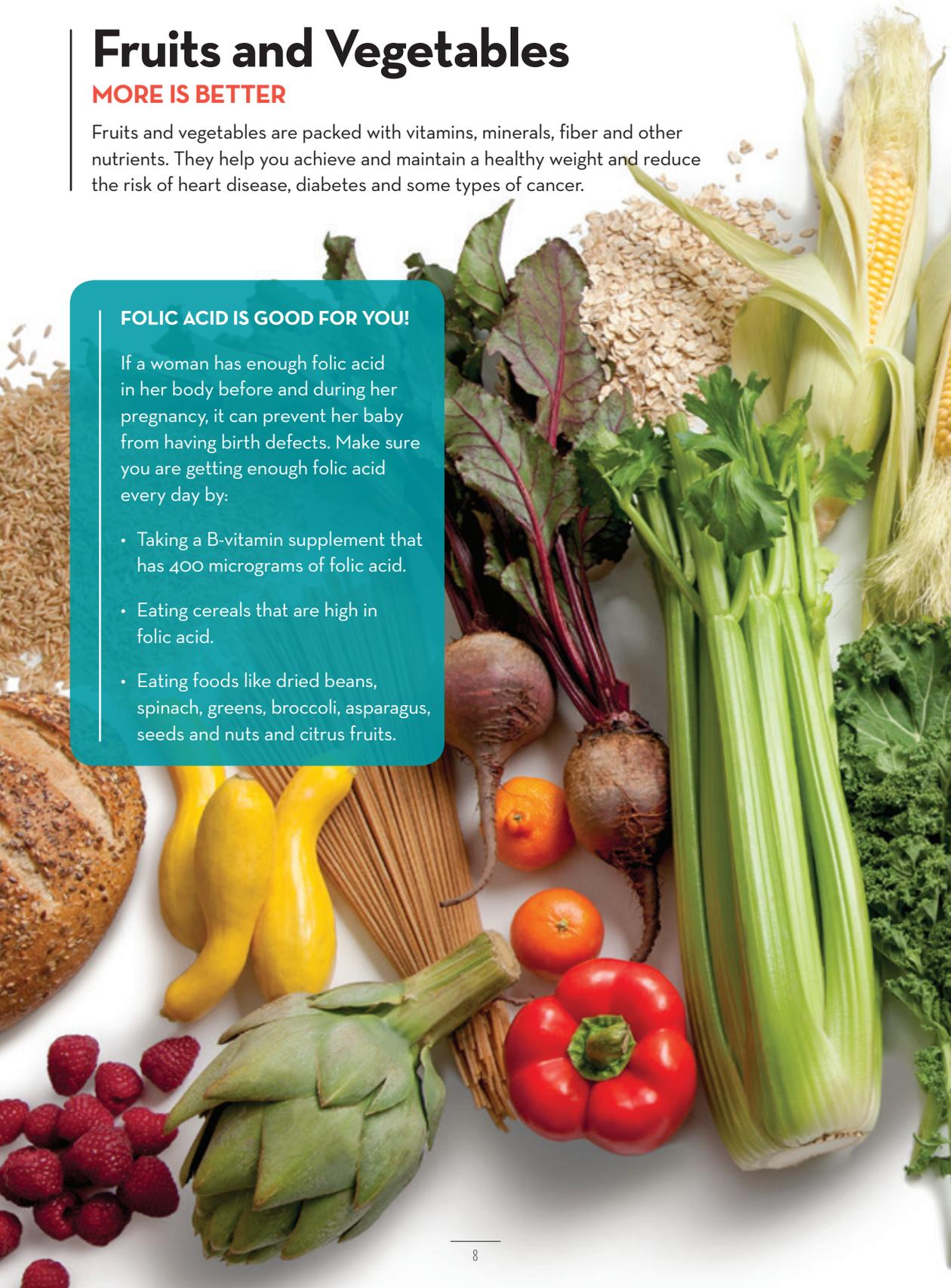
MORE IS BETTER

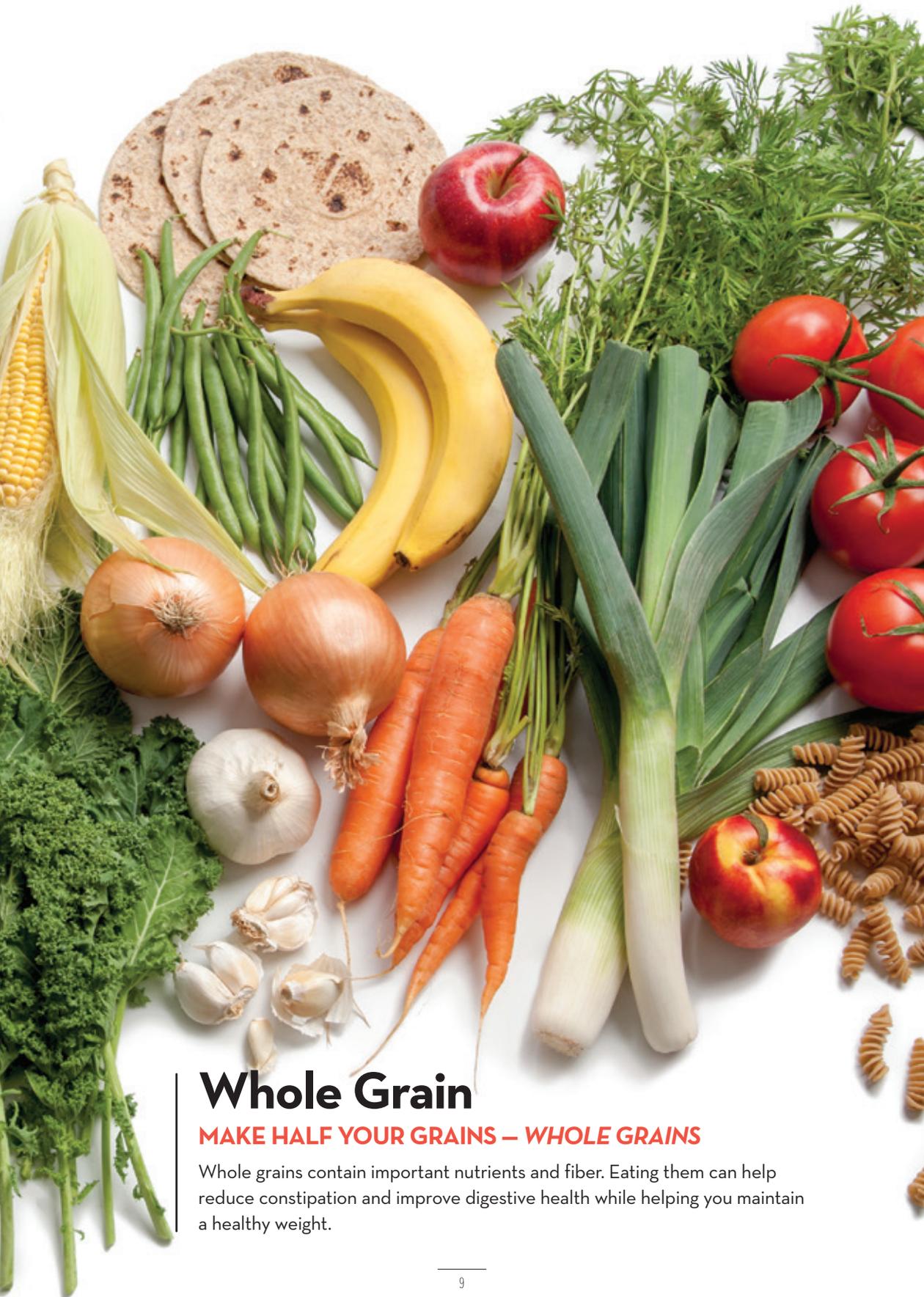
Fruits and vegetables are packed with vitamins, minerals, fiber and other nutrients. They help you achieve and maintain a healthy weight and reduce the risk of heart disease, diabetes and some types of cancer.

FOLIC ACID IS GOOD FOR YOU!

If a woman has enough folic acid in her body before and during her pregnancy, it can prevent her baby from having birth defects. Make sure you are getting enough folic acid every day by:

- Taking a B-vitamin supplement that has 400 micrograms of folic acid.
- Eating cereals that are high in folic acid.
- Eating foods like dried beans, spinach, greens, broccoli, asparagus, seeds and nuts and citrus fruits.





Whole Grain

MAKE HALF YOUR GRAINS – WHOLE GRAINS

Whole grains contain important nutrients and fiber. Eating them can help reduce constipation and improve digestive health while helping you maintain a healthy weight.

Dairy

STRONG BODIES NEED STRONG BONES

Milk products are a great source of calcium, vitamin D and other nutrients needed for strong bones and overall health. Low-fat (1%) and fat-free milk provide the same nutrients found in whole and 2% milk but with less fat.



Protein

CHOOSE A VARIETY OF PROTEIN FOODS

Foods like eggs, beans, and peanut butter help grow and maintain healthy muscles and tissues. Protein foods help your body get enough iron, which helps carry oxygen in the blood.



Special Food Packages

TALK TO THE WIC NUTRITIONIST

Learn about food package options for those with special diets or medical conditions.



YOUR TEXAS WIC CARD

The Texas WIC card works just like a debit card and keeps track of the food benefits you get each month.

Remember to bring your card to each WIC appointment so our staff can reload your family's information and food benefits on the card.

TIPS FOR USING YOUR WIC CARD

- **CHOOSE** your own personal identification number (PIN), which only you know. This PIN makes your card work in the store and keeps your benefits safe.
- **YOUR WIC CARD** is good at most grocery stores. Ask your WIC staff which stores accept the WIC card.
- **USE ALL YOUR BENEFITS** before the end of the month because food benefits don't roll over to the next month. You will lose any foods you don't get during the current month.
- **IF YOUR TEXAS WIC CARD** doesn't work, call your local WIC staff or take it to the clinic.
- **IF YOUR WIC CARD IS LOST OR STOLEN** call and report it to 1-800-942-3678 so WIC can cancel your card and protect your benefits. It can take up to 3 days for the WIC clinic to get you a new card.

Shopping for WIC Foods

BEFORE YOU SHOP

At each appointment, your WIC staff will give you a Texas WIC Shopping List (shopping list). This shows all the WIC foods that have been loaded onto your WIC card for each month.

Every time you buy WIC foods, you will get a new store receipt with an ending balance that shows the food benefits left on your card for that month. Here are two ways to keep track of what is left on your card:

- **SAVE** your store receipt. It will show what you bought and what's still on your WIC card.
- **REPRINT** your receipt at one of the card readers at a grocery store, by asking a cashier for help, or take your card to your local WIC clinic to get a new shopping list. Putting your card in a card reader is the only way to tell what benefits are left.



While You Shop

You can use as much or as little of your food benefits as you want at each shopping trip. When you use your WIC card for the first time, it may be easier to shop for a few things when the store is not busy.

TIPS FOR SUCCESSFUL SHOPPING

- **LOOK OVER** your last WIC receipt before shopping. It will tell you how much you have left for each type of food benefit.
- **TAKE YOUR** Texas WIC Shopping Guide.
- **MAKE SURE YOU** choose the food and package size WIC allows in your personal food package. Look at your shopping list the clinic gave you and your shopping guide.
- **WHILE SHOPPING** look for the pink WIC sticker for milk, juice, cheese, dried beans and some whole grains. Each store approves different WIC allowed brands for these foods. Check with the staff at your store or look at your shopping guide for details.
- **CHOOSE YOUR** foods carefully. Once you buy your WIC foods, you can't return them to the store for money, and you can't sell WIC foods you don't want.
- **ALWAYS CHECK** your store receipt before leaving the checkout lane to make sure it matches your purchase.





Buying Fruits and Vegetables

WIC helps you buy the fruits and vegetables you need to keep your family healthy. You get a “dollar” amount every month to spend on fruits and vegetables.

HERE ARE SOME TIPS FOR BUYING FRUITS AND VEGETABLES:

- **KEEP IT SIMPLE.** Look for prices that make shopping easy, like “4 for a \$1.00.”
- **LOOK FOR DEALS.** When fruits and vegetables are in season, they’re cheaper, fresher, and taste better.
- **WEIGH YOUR PRODUCE** and add it up so you know how much it will cost before you get to the checkout line. We’ve included the handy chart below to help you figure the cost.
- **CHECK YOUR BALANCE** on your receipt after you shop, so you know how much you have left in your “budget.”
- **USE COUPONS** and store “reward” cards.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

At the Checkout

USING THE CARD READER

- **TELL THE CASHIER** you are going to use a WIC Card.
- **THE CASHIER WILL TELL YOU** when to insert your card into the card reader and enter your PIN.
- **LEAVE YOUR CARD** in the card reader until the cashier says it's okay to take it out.

CHECK AND SAVE YOUR RECEIPT

- **THE CASHIER** will ask you to check the "Items Purchased" on your receipt.
- **MAKE SURE** all the WIC foods you bought are on it.
- **ACCEPT** the purchase by pressing the approval button.
- **YOUR RECEIPT** will show you what you have left on your card for that month – save this receipt.

WHAT IF A FOOD DOESN'T SCAN?

It's okay! Talk to your cashier or check your shopping guide for options.

1. Is it the wrong size or wrong brand?
2. Are there enough benefits on your card? If not, you can tell the cashier you'll pay for it with your other groceries or you can put the food back.
3. If you have any problems at the grocery store, call 1-800-942-3678 or email WICsupport@hpsc.state.tx.us.



***If you have any problems, call 1-800-942-3678
or email WICsupport@hpsc.state.tx.us.***





“The information on breastfeeding is very important...I’m a first - time breastfeeding mom. There is much to learn...and WIC is there to provide you that information.”

Kim, WIC Client

Staying Healthy with WIC Partners

There's an old saying, "It takes a village to raise a child." WIC has many partners who can help you and your family stay healthy. We are all a part of your village. Let us know how we can serve you.

- **HEALTHY FAMILIES NEED** a variety of foods to stay healthy. Visit ChooseMyPlate.gov to learn more about what it takes to build a healthy plate, eat the calories that are right for you and stay active.
- **BREASTFEEDING** protects babies from certain diseases, lowers their risk for diabetes and obesity and helps them do better in school when they are older. You can see why WIC wants to help you breastfeed until you reach your goal. Breastmilkcounts.com is a website with great information on breastfeeding. You can also call **1-855-550-6667** for free breastfeeding help and support.
- **IMMUNIZATIONS** are shots that protect your child from diseases like polio, measles, meningitis, Hepatitis B and whooping cough. Make sure your child gets the shots they need at the right times. Visit ImmunizeTexas.com for more information.
- **NEED HELP QUITTING?** Drinking alcohol, smoking cigarettes or using drugs when you are pregnant can cause serious, long-term health problems for your baby. Why take the chance? If you want to talk to someone about quitting, **call 211** for help in your area. You can call 24 hours a day, seven days a week. All calls are private and confidential.



***WIC is more than food or formula.
WIC and its partners are there for you every step
of the way. Welcome to WIC!***

TexasWIC.org

WIC helps you make amazing kids!



TEXAS
Health and Human
Services



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