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# Your Guide to **TEXAS** **WIC**



# Thank you for being part of the WIC Family!

*You can count on WIC from the beginning of your pregnancy to your child's fifth birthday.*

## WIC benefits include:

- Personalized nutrition and breastfeeding support.
- Healthy foods to help you stretch your monthly budget and feed your growing family.
- In-person and live online activities to share ideas and learn new recipes, cooking skills and more.

*WIC even helps you find other services to make raising amazing kids a little easier.*

*"The detailed information in the classes and lessons for parents is amazing. I'm a first-time mom of a 2-year-old and the classes and lessons have helped me stay informed on how I can grow as a parent and help my toddler grow happy and healthy."*

*-City of Dallas Office of Community Care WIC Client*



## Now that you are a part of WIC

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

### Visit your WIC office about every three months

WIC schedules your visits about every three months for personalized nutrition and breastfeeding support and to reload your WIC card with more food benefits.

WIC checks to see if your family is still eligible for the program about once a year. Before this visit, WIC staff will provide you with a list of important documents to upload or bring to your appointment.

WIC is here for you and your child until they are five.

### WIC foods

Each month, your Texas WIC card provides beneficial foods tailored to you and your child's nutritional needs.

WIC gives you a monthly food package to buy foods that help you get the nutrients you and your family needs. The foods in your WIC package will change as your needs change and your child grows.

### Belong to a supportive community

WIC gives families the chance to get together in person and through live online activities. We even have cooking classes with healthy recipes using WIC foods. Our groups discuss things like:

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

### Get breastfeeding support

WIC provides breastfeeding support from lactation consultants and peer counselors – always available at no cost.

### Find other resources

WIC connects you to other services your family might need. We can help you get a breast pump, find a resource for immunizations or refer you to other services in your community like dental care.

# 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 food benefits.

## Tips for using your WIC card

**CHOOSE** a personal identification number (PIN). Remember your PIN so you can use your card at the store.

**USE YOUR WIC CARD** at most grocery stores. Ask your WIC staff which stores accept WIC, or check the store locator on [TexasWIC.org](http://TexasWIC.org).

**USE ALL YOUR BENEFITS** before the end of the month because food benefits do not roll over to the next month. You will lose any foods you do not get during the current month.

**IF YOUR TEXAS WIC CARD** does not work, call your WIC office.

**IF YOUR WIC CARD IS LOST, STOLEN OR DAMAGED**, contact your WIC office or call 800-942-3678. WIC will cancel your card and protect your benefits. It can take up to three days for your WIC office to get you a new card.



*"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*

## What you can buy

WIC helps you buy many of the foods already on your grocery list. You will still need to buy some food or formula on your own, but WIC wants to help 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 whole wheat bread, corn or whole wheat tortillas, brown rice, oatmeal or whole wheat pasta
- Breakfast cereal
- Beans
- Peanut butter
- Canned fish
- Baby formula and baby foods

Visit [TexasWIC.org](http://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 full of vitamins, minerals, fiber and other nutrients. They can help boost your immune system and reduce the risk of heart disease, diabetes and some types of cancer.

## Whole Grains

### Whole grains for the whole family

Whole grains contain important nutrients and fiber. Eating them can help reduce constipation and improve digestive health.

## Dairy

### Strong bodies need strong bones

Milk, milk products and fortified soymilk are great sources of calcium, vitamin D and other nutrients needed for strong bones and overall health.

## Protein

### Choose a variety of iron-rich protein foods

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



## Folic Acid

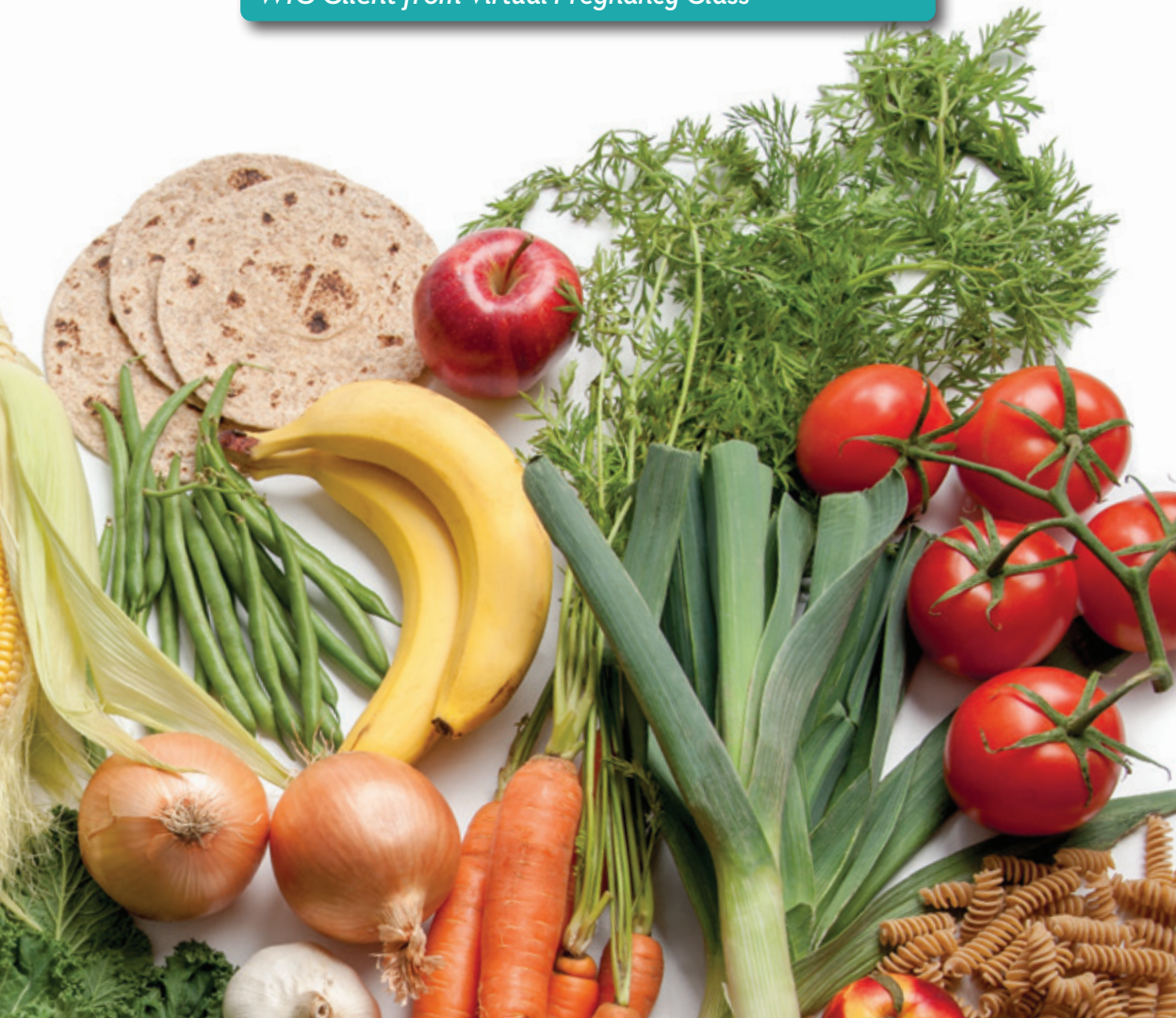
Folic acid before and during pregnancy can prevent birth defects

Get 400 micrograms of folic acid every day by:

- Eating cereals that are high in folic acid.
- Eating foods like dried beans, spinach, dark leafy greens, broccoli, asparagus, seeds, nuts and citrus fruits.
- Taking a vitamin with folic acid if recommended by your health care provider.

*“Knowledge is power and equips you to do what’s best for you and baby. I used to be scared to ask questions because of the possible responses but today after asking questions, I felt so reassured and ready to tackle what’s ahead.”*

*-WIC Client from Virtual Pregnancy Class*



## Special Food Packages

### Talk to the WIC nutritionist

WIC provides food package options for those with special diets or medical conditions. Ask your WIC nutritionist what is available to meet your needs.

## Shopping for WIC Foods

### Bring your shopping list or receipt to the store

WIC staff will give you a Texas WIC Shopping List at each appointment. This list shows all the WIC foods you can get using your WIC card 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. Save this receipt to keep track of what is left on your WIC card, and bring it on your next shopping trip.

**IF YOU LOSE OR FORGET** your receipt, you can ask for a benefit balance at the store. Just stop by customer service or ask a cashier before you shop. You can also take your card to your WIC office to get a new shopping list.

*“WIC is an excellent program, the dietitian and others were truly very helpful. I’ve always been asked at baby appointments if I’m on WIC and knew what it was and I’m grateful they contacted me. I’m studying pamphlets and eager to use the information and apps on my next shopping trip.”*

*-Northeast Texas  
Public Health District  
WIC Client*





## Use Your Shopping Guide While You Shop

Look through your Texas WIC Shopping Guide to learn which brands and sizes of food you can buy with your WIC card. Bring your shopping guide when you go to the store.

If you need another shopping guide, you can get one at your WIC office.

### Tips for successful shopping

**SHOP FOR** just a few WIC foods when using your WIC card for the first time. Try to shop when the store is not busy.

**LOOK OVER** your last WIC receipt before shopping. It will tell you how much you have left on your card.

**MAKE SURE** you choose WIC approved foods and package sizes. Use your shopping list and shopping guide so you know what to buy.

**WHILE SHOPPING**, look for the pink WIC sticker for milk, juice, cheese and bread. Each store approves different WIC allowed brands for these foods.

**YOU CHOOSE** how much of your WIC food benefits you want to spend each shopping trip.

**ALWAYS CHECK** your store receipt before leaving the checkout lane to make sure it matches your purchase.



## At the Checkout

### How do I use my WIC card at the store?

- After all of your items are scanned you will pay for your WIC items first.
- Insert your WIC card into the reader and enter your PIN. Leave the card in the reader until told to remove it.
- The cashier will provide you with two receipts. One receipt shows your starting balance and the other shows which items will be removed from your card.
- Check the items on the receipts and press approve to complete your transaction.

### Save your receipts!

### What if an item does not scan?

- Check your shopping list or benefit balance to make sure you have available benefits on your card.
- Check the shopping guide to make sure the item is the correct size and brand.
- If the size and brand are correct and you have enough benefits, ask the cashier or store manager for help.
- If it still will not scan as a WIC item, you can pay for it with your other groceries or put it back.

If you have any problems at the store, call us at 800-942-3678 or email [WICsupport@hhs.texas.gov](mailto:WICsupport@hhs.texas.gov).



## Staying Healthy with WIC Partners

WIC has many partners who can help you and your family stay healthy. Let us know how we can help you.

**FAMILIES NEED** a variety of foods to stay healthy. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to learn more about what it takes to build a nutritious plate and stay active.

**BREASTFEEDING** protects babies from certain diseases, lowers their risk for diabetes and childhood obesity and may help them do better in school when they are older. Visit [BreastmilkCounts.com](http://BreastmilkCounts.com) for helpful information on breastfeeding. You can also call the Texas Lactation Support Hotline at 855-550-6667 for breastfeeding support and information. This free service is available 24 hours a day, seven days a week.

**IMMUNIZATIONS** are shots that protect you and your child from diseases like polio, measles, meningitis, Hepatitis B and whooping cough. Make sure you and your child get the shots needed at the right times. Visit [ImmunizeTexas.com](http://ImmunizeTexas.com) for more information.

**NEED HELP QUITTING?** Drinking alcohol, smoking cigarettes or using drugs when pregnant can cause serious, long-term health problems for your baby. 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 and our partners are there for you every step of the way.  
Welcome to WIC!**



# TexasWIC.org

## WIC helps you make amazing kids!



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