

WIC Program Explanation to Participants

The following information must be provided, as part of a positive, participant-centered visit. For more information review PPM Nutrition Education, Section 4.2.

The recommended times at which this information is covered will fit with the WIC visit flow and assist staff in incorporating throughout the appointment.

<p>Setting the Stage:</p> <p>Recommended <u>Before</u> beginning certification.</p> <p>Nutrition Assessment Relationship (WCVE 1*)</p>	<p>Welcome to WIC! We look forward to working with you to help your family be healthy. You will receive nutrition education, healthy foods, breastfeeding promotion and education, and referrals to other community programs here.</p> <p>Today I will ask you questions about your / your family’s eating habits, medical conditions, take height and weight measurements, as well as check iron (if applicable) as part of a nutrition assessment. This information will help provide food benefits and nutrition education specific to your / your family’s needs.</p>
<p>Recommended <u>After</u> certification, before assigning food benefits.</p> <p>Food Benefits Supplemental /Key Nutrients (WCVE 2*) Certification Periods (WCVE 3*)</p>	<p>WIC foods are supplemental, which means they are only part of the foods he/she/you need every day. The food benefits you receive today are for you/your child and have key nutrients needed for healthy pregnancy/after having a baby/your child to grow and develop.</p> <p>You / your child is certified on WIC until (date). You will receive nutrition education at least every 3 months, then benefits will be re-issued until your certification ends. Nutrition education can be provided in a variety of ways, including (list what your agency offers): one-on-one with WIC staff, internet, or bulletin board / self-study modules. After your certification ends, you will be scheduled for another appointment to reapply (if participant will remain category-eligible).</p>
<p>Recommended <u>After</u> issuing food benefits.</p> <p>Food Benefits (WCVE 4*) WIC ID Card (WCVE 5*)</p>	<p>Review with participant:</p> <ul style="list-style-type: none"> • Use of EBT card (IL WIC PPM SFD 1.4) • Family Shopping List, IL WIC Food List, and how to get the full nutrition benefit from the foods in their package • Vendor list (MPF and pharmacy vendors as applicable) • WIC Card – participant rights / responsibilities <p>You may also want to ask, “What questions or concerns do you have about shopping for WIC foods or using your EBT card?”</p>

*WCVE 1-5 relate to *Certification Observation Sheet for CPA* to ensure all required components are covered.