

Illinois WIC Program Policy Practice Standards (PPS)
WIC Program Explanation (WPE)
December 2024

Policy Practice Standards are established to assist staff in translating policy into practice. This guidance is intended to be used in conjunction with IL WIC Policy Manual, Nutrition Education, Section 4.2. The following information must be communicated to all applicants/participants to reflect the Value Enhanced Nutrition Assessment (VENA) philosophy, as part of a positive participant-centered certification visit. The table below also provides suggestions as to when during the WIC visit each item may be incorporated by staff. The local agency should have a plan for which staff covers which item to ensure all required components are covered.

<p>Recommended <u>Before</u> beginning the nutrition assessment.</p> <p>The Purpose</p> <p>The Nutrition Assessment</p> <p>The Relationship (WPE 1*)</p>	<p>Welcome to WIC! (Introduce yourself, role and how long your portion of the visit may take) WIC is a nutrition education program that offers nutrition and breastfeeding education, healthy foods, and referrals to other community programs.</p> <p>Today I will ask you questions about your (family’s) health and nutrition, check your (infant/child’s) height/length, weight, and iron level (if applicable) as part of a nutrition assessment. This information will help us work together to choose WIC foods, tailor education, and make any referrals needed specific to your (family’s) needs.</p>
<p>Recommended <u>After</u> certification.</p> <p>Food Benefits (WIC Foods For a Healthy Diet) (WPE 2*)</p> <p>Certification Period (WPE 3*)</p>	<p>The foods that you will choose are prescribed for you and do not provide all the foods (or formula) your family needs each day, but do provide good sources of iron, calcium, protein, fiber and vitamins and minerals needed (for a healthy pregnancy; after delivery; for your baby or child’s growth and development).</p> <p>You are (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. You have a choice in how you complete nutrition education (describe what your agency offers). After your certification ends, you will be scheduled for another appointment to reapply (if applicable). Children can be on WIC until they are 5 years old!</p>
<p>Recommended <u>After</u> assigning food benefits.</p> <p>Food Benefits (Shopping) (WPE 4*)</p>	<p>Review with participant:</p> <ul style="list-style-type: none"> • Use of EBT card (IL WIC PM SFD 2.3) and benefit mobile app • Vendor list (MPF and pharmacy vendors as applicable) • WIC Card – participant rights / responsibilities • Family Shopping List, IL WIC Food List, and how to get the full nutritional benefit from the foods in their package. <p>We are also asked to offer information to each WIC family about drugs, tobacco, alcohol, and other harmful substances. Would you like to talk about the risks of any of these, or are you in need of help, referrals, or resources?</p> <p>What questions do you have about shopping for WIC foods, or using your EBT card and/or your upcoming visits with WIC?</p>

*WPE 1-4 relate to *Certification Observation Worksheets*, used for quality assurance, to ensure all required components are covered.