

BEFORE YOU DIG IN

Uncover a few facts about WIC before coming to Olympia and harvest the benefits once you are here!

In this Section:

- ❖ Prepare yourself with knowledge!
- ❖ Assemble the correct tools!
- ❖ What is WIC?
- ❖ What are some benefits of WIC?
- ❖ Who are WIC clients?
- ❖ What foods are given to WIC clients?
- ❖ How is WIC funded?
- ❖ How do people apply for WIC?



Before Tilling the Earth...

...and digging
into WIC
Training...

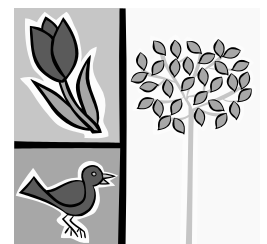
- **Prepare yourself with knowledge!**
You will reap a better harvest when you come to training prepared with information you have gathered about your own clinic.
- **Assemble the correct tools!**
Some of the tools you will need to prepare for training are:
 - ❖ Good observation skills
 - ❖ Some understanding of the computer
 - ❖ Beginning knowledge of the Client Services computer software application used in Washington State, commonly referred to as CIMS.

Staff has "lettuce" know that some experience in the clinic is beneficial before arriving in Olympia for training. The information we are providing in this booklet will help you "dig" your way through the information that will be most useful to you.

Use this booklet as a pre-training tool, gathering & gleaming information as you go. Much like pushing a wheelbarrow through the garden... only a whole lot easier!



More grows in the garden than the gardener knows he has sown. Spanish proverb





Let's Dig In at the Beginning!

WIC stands for **Women, Infants, and Children.**

WIC is one of the premier public health programs in the nation.

WIC is a short-term intervention program designed to influence lifetime nutrition and health behaviors in a targeted, high-risk population.

WIC provides quality nutrition education, breastfeeding promotion and education, a prescribed monthly food package, a nutrition assessment including heights, weights, iron and diet assessments.

In addition WIC provides access to maternal, prenatal and pediatric healthcare services for thousands of families in Washington and nation wide.

HOW MANY CLIENTS ARE SERVED BY WIC IN WASHINGTON?*

HOW MANY ARE...

- **PREGNANT WOMEN?**
- **BREASTFEEDING WOMEN?**
- **INFANTS?**
- **CHILDREN?**

* You will find out these numbers when you come to training!

Ask your coordinator how many Women, Infants and Children are served in your clinic each month

WIC IS ONE OF THE PREMIER PUBLIC HEALTH PROGRAMS IN THE NATION.



You'll Learn About These When You Come to Training!

- The actual Medicaid dollars saved for mothers and their newborns and the research associated with these numbers!
- The nutrients that women on WIC eat more of, and how the WIC Food prescription contributes to the health of WIC clients!

What are some of the benefits of WIC?

Research shows women who participate in **WIC**:

- ❖ Have longer pregnancies leading to fewer premature births
- ❖ Have fewer low and very low birth-weight babies
- ❖ Experience fewer fetal and infant deaths
- ❖ Seek prenatal care earlier in pregnancy
- ❖ Have healthier diets
- ❖ Save Medicaid dollars

Who are WA WIC Clients?

WIC provides services to clients who meet these four eligibility requirements:

1. Reside in WA
2. Are a pregnant, breastfeeding, postpartum woman, or an infant or child under 5
3. Meet the federal income guidelines
4. Have a nutrition or medical need

Agencies use a priority system to determine who is entitled to receive WIC services. A priority system identifies who has the greatest nutritional need so those with the highest need are served first.

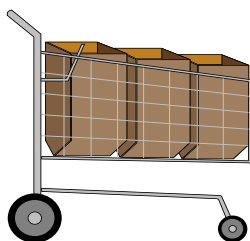


The WIC program was designed to help alleviate hunger and promote optimal growth and development during pregnancy and for infants and children through the first five years of life.



Where can WIC clients shop for their WIC foods?

Approximately 742 local grocery stores and pharmacies in Washington State accept WIC checks!



What foods are given to WIC clients?

WIC checks are valued at about \$57.00 per month and specify certain foods. Clients are able to select:

- ❖ Milk
- ❖ Cheese
- ❖ 100% Juice
- ❖ Soy beverage & tofu (some restrictions apply)
- ❖ Cereal
- ❖ Whole grains - 100% whole wheat bread, brown rice, bulgur, soft corn tortillas, & oatmeal
- ❖ Peanut Butter
- ❖ Dried beans, peas or lentils
- ❖ Eggs
- ❖ Fresh fruits & vegetables
- ❖ Tuna or salmon for mothers who are breastfeeding and do not receive formula
- ❖ Jarred baby food fruits and vegetables and baby cereal for all babies 6 through 12 months of age. Baby food meats for fully breastfed babies 6 thru 12 months.

- ❖ Iron fortified infant formula for babies who are not breastfeeding

How is WIC Funded?

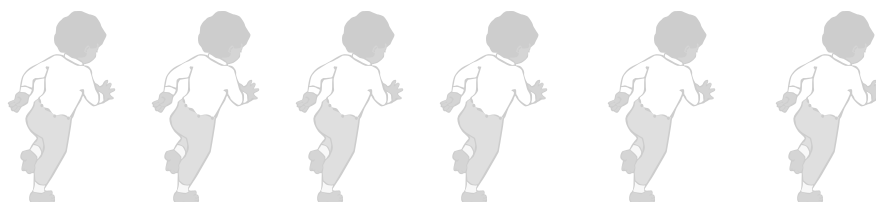
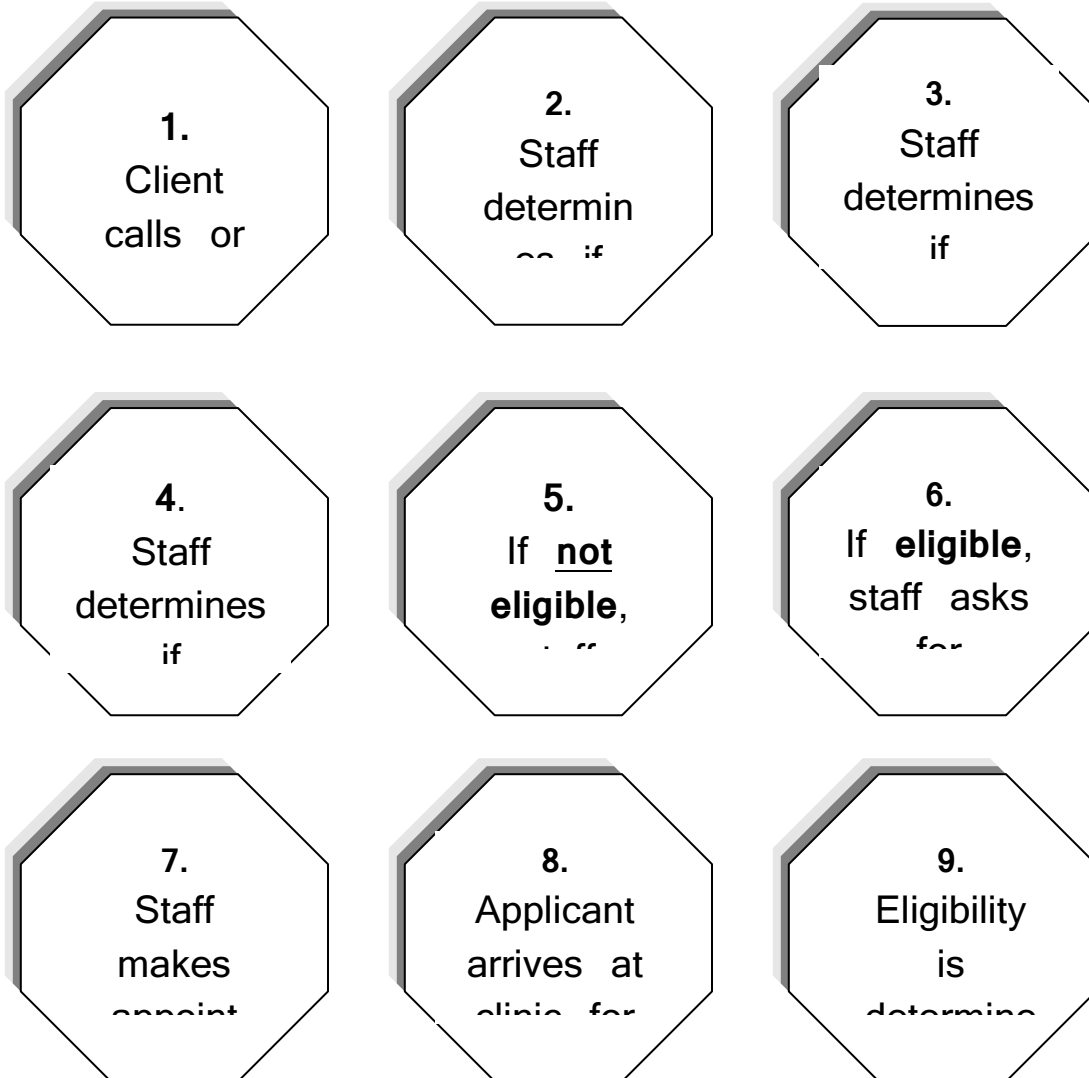
The United States Department of Agriculture (USDA), the state of Washington, and local monies fund WIC.

Partnerships have been developed between the Washington State Department of Health and local communities to provide WIC services to people who qualify to receive WIC services. Local funding is needed because state and federal funds do not fully pay for the operation of WIC.

The number of people who receive WIC services may vary depending on available funding.



HOW DO PEOPLE APPLY FOR WIC?





This institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

CORE WIC Training Notebook



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