

# WOMEN, INFANT, AND CHILDREN (WIC) ENROLLMENT



**If the family has children under the age of 5 or there is a pregnancy, your group will assist them in enrolling in WIC within 30 days of arrival.**

## ENROLLMENT IN WIC

WIC is a program of the Food and Nutrition Service of the U.S. Department of Agriculture. It provides assistance to pregnant women and women with children under the age of 5 through food vouchers, nutritional education and community resources referrals.

## SCHEDULE AN APPOINTMENT

- Visit the [WIC website](#) to find your local office information.
- Call your local WIC office to schedule an appointment.
- Request an interpreter for the appointment.

## WHAT TO BRING TO AN APPOINTMENT

- Passports/Visas or I-94's for ALL family members.
- Proof of income (letter from DSS that shows their monthly benefit amounts and proof of any additional income).
- Rental agreement.
- Medical cards (if received) and Birth certificates (if available) for ALL family members.
- Proof of pregnancy (if applicable).
- Car seats (if applicable).

## AT THE APPOINTMENT

- For confidentiality reasons, you will not sit in the appointment, unless requested by the family.
- The appointment is generally less than an hour.
- They will participate in an orientation that explains what WIC offers.
- A list of grocery stores that accept WIC vouchers may be given.

## ONGOING

- Subsequent visits are offered for checkups, classes, and voucher pick up.
- Go with the family to their grocery store and help them identify WIC approved products.
- Learn more by visiting the [WIC website](#) and read through the [FAQ page](#).

### KEEP IN MIND

Every culture has customs and norms for parenting and pregnancy. It's best not to assume our customs are the same. Take the time to ask the family questions about their customs and ways your group can support them and help them feel comfortable. Also, share any helpful American cultural practices.

### REMEMBER TO

- Log your volunteer hours
- Log case notes if required of GNT or inform WR of WIC enrollment