

Welcome to WIC

Video Viewing Notes

There are six videos in the *Welcome to WIC* series created by California WIC. As you watch each one, use this form to fill in things you want to remember.

Some sections have a ? for you to fill in the missing information, and there is room to write down questions to ask the WIC staff during your phone appointment.

 <p>1 Welcome to WIC</p>	<p>WIC provides nutrition education, healthy foods, support for breastfeeding, and referrals to other services. Write your questions below.</p>	
<p>1.</p>		
<p>2.</p>		
 <p>2 WIC Foods</p>	<p>WIC Food</p>	<p>Description</p>
<p>Look at the Shopping Guide for more information.</p>	<p>Yogurt: certain brands and flavors</p>	<p>32 ounce container</p>
	<p>Whole grains</p>	<p>? _____ oz.</p>
	<p>Cereals: certain brands, types</p>	<p>Combinations to equal a total of 36 ounces</p>
	<p>Dry beans</p>	<p>? _____ oz.</p>
	<p>Juice</p>	<p>? Must say _____ % juice</p>
	<p>Cheese, block package, only certain types</p>	<p>? _____ oz.</p>
	<p>Use the WIC App to find out if a food is WIC approved.</p>	<p>? Scan the _____</p>
 <p>3 Fruits and Vegetables</p>	<p>The fruits and vegetables benefit is a cash value amount. You may buy fresh, frozen, or canned up to the dollar amount on your card. If the amount you buy is greater than the benefit on your card, you can pay the extra with another form of payment.</p>	

 <p>4 Foods for Infants and Moms Who Breastfeed</p>	<p>Breastfeeding: WIC supports breastfeeding moms and babies in many ways. Ask the WIC staff to tell you more about how we do this!</p> <p>Infant Foods:</p> <p>? Baby foods are provided at age _____ months.</p> <p>Your questions:</p> <ol style="list-style-type: none"> 	
 <p>5 California WIC Card</p> <p>The booklet, Welcome to WIC: Shopping with the WIC Card has more information.</p>	<p>When shopping with the card, you use a 4-digit PIN.</p>	<p>Where do you find the 1-844 number to set your PIN?</p> <p>?</p>
 <p>6 Know Your Rights and Responsibilities</p>	<p>When you view the video about Your Rights and Responsibilities you are agreeing to follow the regulations of the WIC program.</p>	
<p>Your food balance lists your foods, and shows the first and last day to use.</p>		<p>What is one way to find out your food balance?</p> <p>?</p>
	<p>Where will <u>you</u> save the 1-844 number in case you happen to lose your card?</p>	<p>?</p>
<p>Tips to remember:</p> <ul style="list-style-type: none"> • When shopping, separate WIC from non-WIC foods. • Keep your receipt for the next shopping trip. • You can buy as much or as little as you want at each shopping trip. Use all benefits before they expire. 		