**Welcome to WIC Video Viewing Notes**

There are six videos in the Welcome to WIC series on the California WIC You Tube channel. 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.

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|  | WIC provides nutrition education, healthy foods, support for breastfeeding, and referrals to other services. Write your questions below. |
| 1. |
| 2. |
| Look at the***Shopping Guide***for more information. | **WIC Food** | **Description** |
| Yogurt: certain brands and flavors | 32 ounce container |
| Whole grains | ❓ \_\_\_\_\_\_ oz. |
| Cereals: certain brands, types | Combinations to equal a total of 36 ounces |
| Dry beans | ❓ \_\_\_\_\_\_ oz. |
| Juice | ❓Must say **\_\_\_\_\_\_ %** juice |
| Cheese, block package, only certain types | ❓ \_\_\_\_\_\_ oz. |
| Use the App to find out if a food is WIC approved.  | ❓ Scan the \_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | 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. |
|  | **Breastfeeding**: WIC supports breastfeeding moms and babies in many ways. Ask the WIC staff to tell you more about how we do this!  |
| **Infant Foods:** **❓**Baby foods are provided at age \_\_\_\_\_\_\_\_\_\_ months. |
| **Your questions:****1.****2.** |
| The booklet, ***Welcome to WIC: Shopping with the WIC Card*** has more information. | When shopping with the card, you use a 4-digit PIN.  | Where do you find the 1-844 number to set your PIN?**❓**  |
| Your food balance lists your foods, and shows the first and last day to use. | What is one way to find out your food balance?**❓** |
| Where will you save the 1-844 number in case you happen to lose your card? | **❓** |
| **Tips to remember:**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. But be sure to use all benefits before they expire. |
|  | When you view the video about Your Rights and Responsibilities you are agreeing to follow the regulations of the WIC program. |