

Maryland WIC

Better Nutrition Brighter Future

WIC
Women Infants & Children
Program

WIC

- WIC is the Special Supplemental Nutrition Program for Women, Infants and Children
- Funded by the USDA
- WIC serves:
 - Pregnant women
 - Breastfeeding women (1 year postpartum)
 - “Minimal” breastfeeding women (6 months + 6 months BF support)
 - Non-breastfeeding postpartum women (6 months)
 - Infants
 - Children up to age 5

Eligibility

- ▶ Household income (\leq 185% of the federal poverty level)
- ▶ Residence (Montgomery County or PG County)
- ▶ Evidence of nutritional risk

WIC Income Eligibility Guidelines

Income Eligibility Guidelines for Maryland WIC Program Benefits						
Effective April 1, 2014						
185 Percent of 2014 Federal Poverty Income Guidelines						
Family Size	Annual Income	Monthly	Twice-Monthly	Bi-Weekly	Weekly	
1	\$21,590	\$1,800	\$900	\$831	\$416	
2	29,907	2,492	1,246	1,120	560	
3	38,612	3,218	1,609	1,469	735	
4	47,123	3,927	1,964	1,792	896	
5	55,559	4,630	2,315	2,086	1,043	
6	60,255	5,022	2,511	2,318	1,159	
7	67,951	5,663	2,832	2,614	1,307	
8	75,647	6,304	3,152	2,910	1,455	
For each additional family member add	+ \$7,696	+ \$642	+ \$321	+ \$296	+ \$148	
For each additional family member	+ \$7,511	+ \$626	+ \$313	+ \$289	+ \$145	

Applying for WIC

- ▶ Participants should call the WIC office in their county to set up an appointment to apply for WIC
- ▶ Participants will be expected to provide:
 - Proof of income
 - Proof of pregnancy (if pregnant)
 - Proof of address
 - Person(s) being certified
 - Identification

Nutrition Education

Individual nutrition assessment and education every 6 months

- Includes dietary, lifestyle, and medical assessment with counseling based on readiness for change and risk factors
- Weight and height measurements checked every 6 months
- Hemoglobin checked annually unless low at previous visit

Group nutrition education

- 30–45 min nutrition education classes every 3 months between individual appointments
- Category specific topics: Prenatal nutrition, Infant nutrition, Feeding toddlers
- General topics: Physical Activity, Family Meals, Dental Health, Portion Sizes, Dietary Guidelines and more

WIC Food Package

- WIC foods (including infant formula and medical food) are supplemental. They are intended to provide some, but not all of the foods the participant requires each day.
- WIC foods contribute key nutrients such as:
 - Protein
 - Calcium
 - Iron
 - Folic acid
 - Vitamins A, C, and D
- These nutrients are essential for health and well-being during times of growth and development
- WIC foods are prescribed for each participant and are meant to be consumed by that individual, not the household.

WIC Foods

- Milk
- Soy milk/tofu
- Cheese
- Beans and peas
- Peanut butter
- 100% whole wheat bread, brown rice and/or wheat/corn tortillas
- Eggs
- Cereal
- Fruits & Vegetables
- 100% fruit and/or vegetable juice
- Canned fish (*breastfeeding exclusive women*)
- Infant formula (*dependent on need*)
- Infant foods

WIC Foods

- ▶ Follow the Dietary Guidelines for Americans
- ▶ Give more support to breastfeeding moms and encourage more moms to breastfeed
- ▶ Follow the most current guidelines for infant and child nutrition

Foods WIC will give each month

	If you breastfeed your baby exclusively (No WIC formula)	If you are pregnant OR You breastfeed your baby AND your baby gets up to 10 to 12 ounces of WIC formula per day	If you breastfeed 1 to 2 times a day and your baby gets mostly WIC formula OR you do not breastfeed your baby	A child
Milk*	5 gallons and 1 quart	4 gallons and 3 quarts	3 gallons and 1 quart	3 gallons and 1 quart
Cheese	2 pounds	1 pound	1 pound	1 pound
Fruit Juice	3 cans juice concentrate	3 cans juice concentrate	2 cans juice concentrate	2 (59-64) ounce bottles
Eggs	2 dozen	1 dozen	1 dozen	1 dozen
Beans/peanut butter	1 pound beans AND 18 ounces peanut butter	1 pound beans AND 18 ounces peanut butter	1 pound beans OR 18 ounces peanut butter	1 pound beans OR (after age 2) 18 ounces peanut butter
Cereal	36 ounces	36 ounces	36 ounces	36 ounces
100% whole wheat bread OR brown rice OR tortillas (soft corn or whole wheat)	1 pound	1 pound	None	2 pound
Vegetables and fruit	\$10.00	\$10.00	\$10.00	\$6.00
Canned light tuna, pink salmon, sardines	30 ounces	None	None	None
	You get these foods up to 1 year postpartum	You get these foods while you are pregnant and up to 1 year postpartum	You get these foods up to 6 months postpartum	

*Milk is 1% (low fat) or fat free for women and children age 2 and older

WIC Checks

- Participants receive WIC checks to buy their foods
- Checks are issued on a tri-monthly basis
- Participants are required to use their checks within the dates printed on the checks
- Participants can only buy foods printed on the checks
- No food substitutions
- Checks cannot be reprinted if lost/stolen or expired
- Food packages & checks may differ for each participants

THIS CHECK IS VOID WITHOUT A BLUE & RED BACKGROUND AND AN ARTIFICIAL WATERMARK ON THE BACK - HOLD AT ANGLE TO VIEW



AGENCY	PARTICIPANT ID NO.	NAME OF PARTICIPANT (LAST, FIRST, M.I.)				CHECK NUMBER
323202	300 007 988	Doe, John				10509693
FIRST DATE TO SPEND	October 1, 2009	DATE REDEEMED	STORE USE ONLY	LAST DATE TO SPEND	October 31, 2009	CASHIER FILL IN EXACT AMOUNT OF SALE

TO BE USED FOR THESE ITEMS & QUANTITIES ONLY:

PARTICIPANT OR PROXY SIGN FOR PRICE CORRECTION ONLY

1 64 ounce container juice
 1 gallon whole fluid milk
 1 quart whole fluid milk
 16 ounces or less cheese
 16 ounces or less whole wheat bread OR brown rice OR whole wheat or soft corn tortillas
 36 ounces or less cereal

DOLLARS CENTS

\$

CHECKS NOT VALID UNLESS STAMPED BY
 AUTHORIZED WIC VENDOR

Maryland
 WIC
 Program

Payable through FSMC
 An Affiliate of
 Security State Bank
 Howard Lake, MN 55349
 Account Number: 806610

75-1248
 919

SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY

X

VENDOR MUST DEPOSIT WITHIN 30 DAYS OF
 LAST DATE TO SPEND

⑈ 10509693 ⑈ ⑆021606674⑆ 193⑈081513⑈

WIC Formula

- WIC provides standard formulas based on our formula contract for women who will not or can not breastfeed or breastfeed only partially
- **Milk based formulas are Abbott formulas**
 - Similac Advance
- **Soy based formulas are Mead Johnson formulas**
 - Enfamil Prosobee Soy

“Special” Formula

- Special formulas may be provided to infants and children/ women with medical documentation and a medical diagnosis that warrants the use of such products
- Examples of why a participants may need a special formula:
 - Prematurity
 - Failure to thrive
 - Gastrointestinal or metabolic disorders; Inborn errors of metabolism
 - Severe food allergies
 - Malabsorption syndromes
 - Underweight/low maternal weight gain
- Examples of Special Formulas:
 - Nutramigen, Alimentum, Pregestimil, Neocate, Elecare, EO28, Peptamen, Portagen
 - Neosure or Enfacare
 - PM 60/40, RCF, Boost, Ensure, Nepro, Pediasure, Suplena, Vivonex Pediatric and more

Medical Documentation

- ▶ Special formulas requires medical documentation to be filled out by a licensed health care provider (MD, NP, PA)
 - WIC Rx form must be used
 - Found at: fha.dhmmh.maryland.gov/wic (under tab for Health Care Providers)
<http://fha.maryland.gov/pdf/wic/MedicalDocumentationForm.pdf>
- ▶ All sections must be complete
- ▶ Must be signed and dated (can not be accepted if >60 days old)

LA Fax: _____
Date Form Expires: __/__/__

MarylandWIC
Better Nutrition Brighter Future



Medical Documentation Form

This form is federally required to request an exempt infant formula/WIC-eligible nutritional. All requests are subject to WIC approval. Sections 1-4 MUST be completed.

1) REQUIRED: Patient Information

Patient Name: _____ Patient DOB: __/__/__

Parent/Guardian: _____

Participant Medical Data (optional):	Weight: _____	Length/height: _____	Hgb: _____ Hct: _____
Date Measured: _____	____/____/____	____/____/____	____/____/____

2) REQUIRED: Exempt Infant Formula/WIC-Eligible Nutritional Request

Medical diagnosis*: _____ Symptoms: _____

**Non-specific symptoms such as intolerance, fussiness, colic, spitting up, gas and constipation will NOT be considered medical diagnoses for exempt infant formulas/WIC-eligible nutritional.*

Product**: _____ Amount per day: _____
***Similac Advance or Enfamil Prosoabee are provided to infants who are not exclusively breastfed. An exempt formula may be provided for specific medical diagnoses. Please contact the Local WIC clinic (see back of form) or the State WIC Office at 1-800-242-4942 with any questions about any products that are WIC-eligible.*

Duration: ☐ 1 month ☐ 2 months ☐ 3 months ☐ 6 months ☐ Other _____

3) REQUIRED: WIC Food Requests (Check all that apply)

- ☐ WIC professional may determine WIC foods and amounts.
- ☐ No food restrictions.
- ☐ Issue formula/WIC-eligible nutritional only.
- ☐ Whole milk for a woman or child (≥ 2 years).
- ☐ Issue infant fruits and vegetables to a woman or child.
- ☐ Issue soy beverage and/or tofu to replace milk and/or cheese.
- ☐ Reduced-fat (2%) milk for a one-year old child.
- ☐ Do NOT issue (comment required): _____

4) REQUIRED: Provider Information (MD/DO/CNM/CRNP/PA with prescriptive authority)

Name: (Please print, type or stamp) _____

Phone: _____ Fax: _____

Signature: _____ Date: __/__/__

WIC CPA use only: Date Received: __/__/__ ☐ Approved ☐ Not Approved

Signature: _____ Date: __/__/__

Website: www.mdwic.org. Click on the Health Care Providers section for more information.

Patient
name and
DOB
required

Formula
name
required
and
amount
prescribed

Must check
at least one
box

Must be
signed
and dated
with
telephone
number

Appropriate
diagnosis
required
(different
than
symptoms)

Duration
cannot
exceed 6
months
for >1
year old

specify food
restrictions
if applicable

Breastfeeding Peer Counselor Program

Breastfeeding

- WIC is committed to breastfeeding as the normal way to feed an infant and supports the American Academy of Pediatrics position on breastfeeding.
- WIC encourages mothers to breastfeed their infants for the first year of life and beyond unless medically contraindicated.
- The WIC food package for exclusively breastfeeding mothers and their infants has the highest market value of all the WIC food packages.

Breastfeeding Peer Counselors

- ▶ **A Breastfeeding Peer Counselor (BFPC):**
 - A WIC staff member
 - A mom that breastfed her baby
 - Has special breastfeeding training
- ▶ **BFPCs help moms:**
 - Understand why breastfeeding is important
 - Learn good breastfeeding techniques
 - Learn hunger and fullness cues
 - Learn how to fit breastfeeding into their daily routine
 - Learn how to plan for breastfeeding when returning to work or school

Breastfeeding Support

- ▶ Hospitals:
 - Holy Cross
 - Shady Grove
 - Washington Adventist
- ▶ Clinics:
 - Breastfeeding rooms
 - Support groups
 - Walk-in hours
 - Assistance by phone

Breast Pumps

- Manual pump, offered to all breastfeeding exclusive or “mostly” women (when available)
 - Offering breast milk when away from baby
 - Increasing milk supply
 - Baby must be 1 month or older
 - Engorgement(baby should be 2 weeks or older)
 - FREE
- Electric Nurture III pump, offered to breastfeeding exclusive women (when available)
 - Must be returning to work or school
 - Baby must be 1 month or older
 - FREE
- Lactina Hospital Grade pump, offered to women with babies in the NICU (when available)
 - Must return or renew after initial 30 day rental
 - Must be returned when discharged from the NICU
 - FREE

Community Clinic, Inc. WIC

GAITHERSBURG 200 Girard Street Suite 212B Gaithersburg, MD 20877 Phone: 301-840-8339 8:30 am - 5:00 pm	GERMANTOWN 12850 Middlebrook Road, Suite 108 Germantown, MD 20874 Phone: 301-515-7576 8:00 am - 4:30 pm	GREENBELT (PG County) 9001 Edmonston Road Suite 40 Greenbelt, MD 20770 Phone: 240-638-1270 8:00 am - 4:30 pm
LANGLEY / TAKOMA PARK New Hampshire Ave Suite 220B Takoma Park, MD 20912 Phone: 301- 439-7373/7375 8:00 am - 4:30 pm	WHEATON 11006 Veirs Mill Road Suite L-10 Wheaton, MD 20902 Phone: 301-933-6680 8:00 am - 4:30 pm	CCI-WIC MAIN OFFICE 8630 Fenton Street Suite 1204 Silver Spring, MD 20910 Phone: 301-762-9426

WIC Websites

- ▶ Community Clinic Inc. WIC (Montgomery County):
 - <http://cciweb.org/wic.html>
- ▶ Maryland WIC:
 - <http://fha.maryland.gov/wic/>
- ▶ WIC (USDA Food and Nutrition Services):
 - <http://www.fns.usda.gov/wic/>