

# **“Welcome to WIC”—Individual List of Handouts and Materials**

## **Handouts needed:**

- “Referrals, How Can We Support You”
- “WIC Authorized Food List Shopping Guide” (Currently--July 5, 2011)
- “Welcome to WIC What You Need to Know”
- “Using your WIC Checks”
- “Know Your Rights and Responsibilities”

## **Other materials needed:**

- Sample WIC ID Folder
- Small sample Combination Check Food item #6003: 1 gal lower fat milk, 16 oz whole grains, 36 oz cereal
- Individual Education PowerPoint **OR**
  - Sample WIC logo window cling or poster that vendors use (or PowerPoint slide #16)
  - Video clips # 1-5 and equipment to play clips
  - Photos from PowerPoint (Slides #19,21,23,25,29,30,32,34,36)

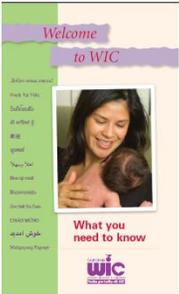
**\*\*NOTE:** The key points outlined in the individual education guide are ONLY those points NOT covered in the video clips. If an agency chooses NOT to show the video clips, they will need to modify the education guide to add all the required information contained in the video clips.

# “Welcome to WIC” Individual Education Guide\*\*

(Refer to the “Welcome to WIC” lesson plan if a complete script or more detail is needed)

Video or Handout	Key Points to Cover
<p>Video #1: (3 min) “WIC Overview”</p> 	<p>Review agenda:</p> <ul style="list-style-type: none"> <li>❖ What WIC offers</li> <li>❖ How to choose WIC foods</li> <li>❖ What to do at the checkout stand</li> <li>❖ Your Rights and Responsibilities</li> </ul>
<p>Handout:</p>  <p>“Referrals How Can We Support You” (or agency specific handout)</p>	<ul style="list-style-type: none"> <li>❖ Unique services your agency provides</li> <li>❖ Other agency specific policies</li> </ul>
<p>Video #2: (2 min) “ID Folder”</p> 	
<p>Visual Aid:</p>  <p>Sample WIC ID folder (WIF)</p>	<ul style="list-style-type: none"> <li>❖ Location of Family ID Number</li> <li>❖ Agency address and phone number</li> <li>❖ Next appointment on back</li> <li>❖ Always bring WIF to WIC</li> <li>❖ Alternate details             <ul style="list-style-type: none"> <li>○ Name in WIC computer</li> <li>○ Alternate’s signature on the WIF</li> <li>○ Alternate must bring your WIF &amp; their own ID to WIC</li> <li>○ You &amp; your child must be here for certification appointments. You can send alternate to other appointments.</li> </ul> </li> <li>❖ Required bloodwork</li> </ul>
<p>Visual Aid:</p>  <p>“Sample Check”</p>	<p>(For reference by participant during video)</p>

<p>Video #3: (1.5 min)  <b>“WIC Check”</b></p> 	<ul style="list-style-type: none"> <li>❖ Lost or stolen checks cannot be replaced</li> </ul>
<p>Visual Aid:</p>  <p><b>“WIC Logo Window Cling”</b></p>	<ul style="list-style-type: none"> <li>❖ WIC logo is displayed in the front window of authorized WIC grocers</li> <li>❖ Choose a store that has a variety of WIC food options and good prices</li> </ul>
<p>Handout:</p>  <p><b>“Shopping Guide”</b></p>	<ul style="list-style-type: none"> <li>❖ Date on Shopping guide matches date on check</li> <li>❖ Divided by kinds of food and colored tabs</li> <li>❖ Lists foods you CAN buy, and some foods you CANNOT buy</li> </ul>
<p>Shopping activity:  <b>Images: Cheese (4)</b></p>	<ul style="list-style-type: none"> <li>❖ <i>Show participant the cheese images and have the participant decide whether they CAN or CANNOT buy: (Shopping guide page 7)</i> <ul style="list-style-type: none"> <li>○ Grated cheese (no)</li> <li>○ 8 oz Lowfat cheese (no)</li> <li>○ Colby Jack cheese (yes)</li> <li>○ Pepperjack cheese (no)</li> </ul> </li> <li>❖ Take the shopping guide with you to the store.</li> </ul>
<p>Shopping Activity with Sample Check:</p> <p>Images:  <b>Lowfat Milk Options</b>  <b>Milk</b>  <b>Whole Grains</b>  <b>Cereal #1</b>  <b>Cereal #2</b></p>	<ul style="list-style-type: none"> <li>❖ Lower fat milk choices (Shopping guide page 6) <ul style="list-style-type: none"> <li>○ 2%, 1% or nonfat milk for women &amp; children age 2 or older</li> <li>○ Whole milk only for 12-23 months of age</li> </ul> </li> <li>❖ Which milk can you buy? <ul style="list-style-type: none"> <li>○ Talk to counselor if want soy milk</li> </ul> </li> <li>❖ Which whole grains can you buy? (page 12) <ul style="list-style-type: none"> <li>○ 16 oz package only</li> <li>○ Bread must say 100% whole wheat</li> <li>○ Tortillas can just say “whole wheat”</li> </ul> </li> <li>❖ Can you buy these cereals? (2 pictures) (page 10-11) <ul style="list-style-type: none"> <li>○ Point out helpful hints size chart</li> <li>○ Must choose correct kind</li> </ul> </li> </ul>
<p>Baby Food (only if ppt has 6-12 mo. old baby)</p>	<ul style="list-style-type: none"> <li>❖ Go over Can and Cannot buys (page 18-20)</li> </ul>

 <p>Video #4 (2 min) "Fruit and Vegetable Check"</p>	<ul style="list-style-type: none"> <li>❖ Fresh, frozen and canned fruits and vegetables <ul style="list-style-type: none"> <li>○ No added ingredients allowed (nuts in salad mixes, sugar in canned fruits)</li> <li>○ No canned or frozen potatoes other than sweet potatoes or yams</li> <li>○ No fresh herbs</li> </ul> </li> <li>❖ Other Shopping Tips <ul style="list-style-type: none"> <li>○ Think of Fruit &amp; Vegetable check as a "Dollars off" the fruits &amp; vegetables you are already buying</li> <li>○ Group fruits &amp; vegetables with each check</li> <li>○ Take advantage of buy one get one free offers</li> </ul> </li> </ul>
<p>Video #5 (2.5 min) "At the Checkout"</p> 	
<p>Handout:</p>  <p>"Using Your WIC Checks"</p>	<ul style="list-style-type: none"> <li>❖ Go over steps 7 and 8.</li> <li>❖ Point out contact information if they have problems at the store</li> </ul>
<p>Handout:</p>  <p>"Welcome to WIC"</p>  <p>"Rights and Responsibilities Video" (optional)</p>	<ul style="list-style-type: none"> <li>❖ Option #1—Show Rights and Responsibilities video</li> <li>❖ Option #2 Review verbally all required parts of the R&amp;R (refer to WPM # 270-40) <ul style="list-style-type: none"> <li>○ Fair Treatment</li> <li>○ Buy correct kind and amount of WIC foods</li> <li>○ Do not sell trade or try to sell or trade WIC foods</li> <li>○ One set of checks per month</li> <li>○ Provide truthful, complete, information</li> <li>○ Treat WIC staff and grocery store staff with politeness and respect</li> <li>○ You can be disqualified from WIC or face other penalties if you do not follow these rules</li> <li>○ You may appeal any decision about your eligibility</li> </ul> </li> <li>❖ Allow participant to read or have read to them the R&amp;R, then ask participant to sign R&amp;R.</li> <li>❖ Point out FAQ's in handout</li> </ul>



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