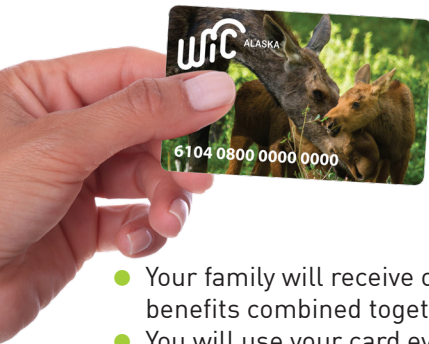




# WIC FOOD GUIDE

# eWIC

## YOUR ELECTRONIC BENEFITS TRANSFER CARD



### Welcome to eWIC!

eWIC is a system used to purchase WIC foods with an electronic benefit card that can be used like a debit card.

- ✓ Your family will receive one eWIC card with everyone's benefits combined together.
- ✓ You will use your card every time you go shopping.
- ✓ You don't have to buy all your WIC foods in one trip.
- ✓ Your eWIC card is re-usable; so keep it and the PIN safe.

### Keep Your Card Safe!

If someone knows your eWIC card number and PIN, they can use all of your food benefits – once used, those benefits cannot be replaced.

Make sure to keep your eWIC card:

- ✓ In a safe place, like your wallet or purse
- ✓ Clean and dry
- ✓ Away from magnets and electronics, such as cell phones
- ✓ Away from direct sunlight
- ✓ Away from heat

### At the Checkout Counter:

- ✓ Tell the cashier you are using your eWIC card.
- ✓ Separate your WIC foods from your other groceries.
- ✓ WIC foods will be scanned first, before other items.
- ✓ Ask when you should swipe your card and enter your PIN.

It is important to keep your receipt after every WIC purchase as it shows your remaining food benefit balance and expiration date!

# Shopping Tips

## ✓ Make sure to bring your eWIC card

Purchases cannot be made without it.

## ✓ Keep your card and PIN safe

Don't write your PIN on your card. Only share it with people you trust. Your card will be locked after four incorrect PIN attempts. Keep your card away from heat and magnets.

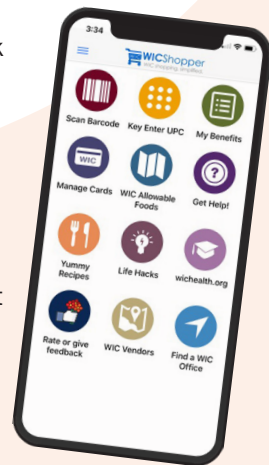
## ✓ What's my benefit balance?

Your benefit balance can be found on your last receipt, the WICShopper app or at [www.ebtedge.com](http://www.ebtedge.com), or by calling the eWIC Customer Service line at 1 (844) 386-3149.

## ✓ Download the WICShopper app



Register your eWIC card, check your balance, scan a barcode, view our food list, and find recipes and your closest WIC agency and grocery store.



## ✓ Have a plan before you shop

Shop with a plan to choose foods in sizes that add up to your full benefits. You don't have to buy everything at once!

## ✓ Remember!

You may use coupons, store loyalty cards, buy one/get one offers and other specials when shopping with eWIC.

## ✓ Tell the cashier you're using an eWIC card

Be sure to **use any coupons** or store loyalty cards **prior to** using your eWIC card. Use your eWIC card **before** all other forms of payment, including your Quest card.

## ✗ NOT ALLOWED:

Rain checks, substitutions, IOUs, or returns. Exchanges only allowed for exact item if spoiled or damaged.

## ✗ DO NOT:

Sell, trade, or give away WIC foods or try to do this with WIC benefits. This includes attempting to sell or selling items in person, in print, or online.



# Whole Grains

Any combination of approved bread, buns, rolls, thins, brown rice, pasta and/or tortillas, up to the amount of whole grain listed in your household's benefit balance.

Mix and match!



32oz total



48oz total



# Bread

**Must be 100% whole wheat brands, 16oz to 24oz, these brands and types including:**



Whole Wheat Bread



Whole Wheat Bread  
Dinner Rolls  
Hamburger Buns



100% Whole Grain  
Stoneground Bread

Whole Wheat Bread

**Fred Meyer**

Whole Wheat Bread  
Hamburger Buns  
Hot Dog Buns

Hoagie Rolls  
Tender Twist Bread



Whole Wheat Bread  
Hamburger Buns  
Honey Bread  
Hot Dog Buns  
Oregon Trail Honey  
Wheat Bread

Sugar Free Big  
Horn Bread  
Thin Sliced Bread  
Big Horn Valley  
Bread  
Oregon Trail  
Sandwich Bread



Whole Wheat Bread  
Hot Dog Buns

Sandwich Thins  
Sliced Buns



Whole Wheat Bread



Whole Wheat Bread  
Classic Bread  
Delightful Bread  
Hearty & Delicious  
Bread  
Hearty & Delicious  
Honey Bread

Thin Style Buns  
Soft & Smooth Bread  
Soft & Smooth  
Hamburger Buns



Whole Wheat Bread



Whole Wheat Bread  
Hamburger Buns  
Hoagie Rolls  
Honey Bread  
Hot Dog Buns  
Roundtop Bread

Sandwich Slims  
Sliders Mini  
Round Top Bread  
Restaurant Dinner  
Rolls



Whole Wheat Bread



Whole Wheat Bread  
Deli Flats Bread  
Hamburger Buns  
Light Style Bread

Stoneground Bread  
Thin Bread



Whole Wheat Bread



# Tortillas

## CORN TORTILLAS

White or yellow corn, soft **ONLY**, 16oz to 73.4oz. 100% whole grain 14.58oz to 16oz. Brands including:



## WHOLE WHEAT TORTILLAS

Must Say “whole wheat” or “100% whole grain”, 16oz. Brands including:



# Pasta

Must be 100% whole wheat. Any shape. 16oz size **ONLY**. Including these brands:



# Rice

### ✓ ALLOWED

- ✓ Any brand
- ✓ Must be brown rice, boxed or bagged
- ✓ Any brand, 14oz to 32oz
- ✓ Instant, quick or regular cooking
- ✓ Long or short grain rice

### ✗ NOT ALLOWED

- ✗ Bulk rice
- ✗ Boil in bag rice
- ✗ Microwavable rice bowls
- ✗ Added fats, oils, sodium, or sugars







# Milk

## ✓ ALLOWED

No smaller than 1 quart of:

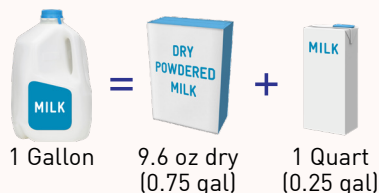
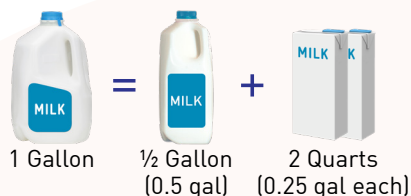
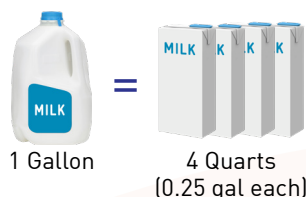
- ✓ Fresh milk
- ✓ Lactose-free milk
- ✓ Dry powdered milk
- ✓ Ultra High Temperature (UHT) milk

You can purchase evaporated milk ONLY if it is listed on your household benefit.

## ✗ NOT ALLOWED

- ✗ Organic milk
- ✗ Chocolate, fruit-flavored, or other “non-dairy”
- ✗ Acidophilus, buttermilk and goat milks

Mix and match sizes!



# Yogurt

- ✓ See your benefit balance to see if low-fat or whole yogurt is available to you.

✓ 8oz to 32oz Brands including:



## ✗ NOT ALLOWED

- ✗ Greek or organic
- ✗ Artificial sweeteners like aspartame or sucralose



# Cheese

## ✓ ALLOWED

- ✓ 8oz to 32oz
- ✓ Monterey Jack, Colby, Cheddar (mild and medium only), Swiss, Provolone, Mozzarella, pasteurized process American
- ✓ Low fat and low sodium

## ✗ NOT ALLOWED

- ✗ These Tillamook varieties: Medium, Sharp, Special Reserve, Extra Sharp, Vintage White Medium and Vintage White Extra Sharp Cheddars and Swiss
- ✗ Unpasteurized cheeses
- ✗ Cheese food, product or spread; shredded, grated, string, sharp or extra sharp, imported, deli cut, organic, soy, goat, or raw
- ✗ Cheese with flavorings or added ingredients

# Tofu

Must be 16 ounces. Brands and types include:

**Azumaya**

- ✓ Firm
- ✓ Extra Firm
- ✓ Silken

**House Foods**

- ✓ Firm
- ✓ Extra Firm
- ✓ Medium Firm



- ✓ Lite Silken
- ✓ Silken (organic)



- ✓ Firm



# Soy

May purchase **32oz to 64oz ONLY** if soy is listed on your benefits

✓ **ALLOWED**

- ✓ Pacific Natural Foods Ultra Soy: Plain or vanilla flavored. Quart size ONLY; shelf-stable
- ✓ 8th Continent: Plain or vanilla flavored. Quart or half-gallon sizes ONLY; shelf-stable or refrigerated
- ✓ Silk: Original flavor. Half-gallon size ONLY; refrigerated



8th CONTINENT SOYMILK

**Silk**



# Eggs

✓ **ALLOWED**

- ✓ Any size, fresh white or brown eggs
- ✓ Ova Easy dried eggs (4.5oz package = 1 dozen eggs)
- ✓ Hardboiled eggs (only if listed on benefits)
- ✓ Cage-free
- ✓ Organic

✗ **NOT ALLOWED**

- ✗ Naturally nested



# Fish

✓ **ALLOWED**

- ✓ Any brand. Canned ONLY
- ✓ **Pink Salmon:** 5oz to 14.75oz
- ✓ **Tuna:** 5oz to 16oz packed in water. No added flavors allowed
- ✓ **Sardines:** 3oz to 15oz, water or oil packed, added flavors
- ✓ **Mackerel:** 15 oz ONLY: Atlantic, Chub Pacific, or Jack Mackerel

✗ **NOT ALLOWED**

- ✗ Albacore or white tuna
- ✗ King mackerel
- ✗ Organic



Mix and match sizes!



30oz



30oz

# VITAMIN D FOOD FOR THOUGHT

Getting enough vitamin D contributes to good health.

WIC offers vitamin D supplements to breastfed infants to help them meet their vitamin D needs. Ask your doctor if you or your child should be taking a vitamin D supplement. Contact your local WIC agency for more information.

Wild-caught salmon has some of the highest concentrations of vitamin D among all fatty fish. Wild caught salmon has about 3 times as much vitamin D as farmed salmon.





# Legumes

## ✓ ALLOWED

- ✓ Dry: Must be 16oz to 32oz. Any type and brand of mature beans, peas, lentils or mixed
- ✓ Canned: Regular or low sodium. Minimum sugar added for processing allowed. Can be no smaller than 15oz and no larger than 16oz
- ✓ Refried beans without added sugars, fats, oils, vegetables or meats
- ✓ Baked beans allowed ONLY if listed on your benefits

## ✗ NOT ALLOWED

- ✗ Green beans, immature beans, split peas or green peas, snap peas, pinto beans, wax beans, pork & beans
- ✗ Beans containing added sugars, fats, meats, vegetables or oils
- ✗ Bulk beans, peas, lentils or mixed
- ✗ Bean soup mixes
- ✗ Organic

## REFRIED BEANS

## ✓ ALLOWED

- ✓ 16oz only
- ✓ Brands including:



## ✗ NOT ALLOWED

- ✗ No added sugars, fats, oils, vegetables, or meats



"1 Container" can mean:

4

15oz to 16oz  
cans of beans



OR

1

16oz  
bag of dry beans



OR

1

15oz to 18oz  
jar of peanut butter



## PEANUT BUTTER

## ✓ ALLOWED

- ✓ Must be 15oz to 18oz containers
- ✓ Creamy, chunky, extra chunky, smooth, low sodium, low sugar

## ✗ NOT ALLOWED

- ✗ Organic
- ✗ Peanut butter spreads
- ✗ Honey Roasted
- ✗ Bulk or grind-your-own
- ✗ Marshmallows, jelly, honey, chocolate or similar ingredients







# Cold Cereal

Whole grain cereals are a healthy choice and contain dietary fiber.

## Whole Grain Options



Corn Flakes,  
Crispy Rice,  
Oats & More

Bran Flakes, Tostitos,  
Shredded Wheat,  
Frosted Shredded  
Wheat, Honey Nut  
Tostitos



Corn Flakes, Corn  
Squares, Crispy Rice,  
Crunchy Nuggets,  
Frosted Shredded  
Wheat, Rice Squares

Bran Flakes, Oh's,  
Shredded Wheat,  
Toasted Oats



Fred Meyer

Corn Flakes,  
Crispy Rice,  
Honey Crisp Medley,  
Honey Crisp Medley  
with Almonds

Bran Flakes, Toasted  
Oats, Shredded Wheat,  
Frosted Shredded  
Wheat, Bite Size  
Shredded Wheat



Corn Flakes,  
Crispy Rice

Bran Flakes, Toasted  
Oats, Frosted Shredded  
Wheat, Bite Size Frosted  
Shredded Wheat



Corn Flakes,  
Crispy Rice,  
Oats & More with  
Almonds

Bran Flakes, Shredded  
Wheat, Shredded Wheat  
Bite Size, Frosted  
Shredded Wheat,  
Frosted Shredded  
Wheat Bite Size



Corn Flakes,  
Crispy Rice

Toasted Oats, Bran  
Flakes, Frosted  
Shredded Wheat,  
Bite-Sized Frosted  
Shredded Wheat,  
Honey Nut Tostitos

## Whole Grain Options



Corn Flakes,  
Crispy Rice

Bran Flakes,  
Toasted Oats,  
Frosted Shredded  
Wheat



Honey Bunches of  
Oats with Almond,  
Cinnamon, Honey  
Crunch, Vanilla,  
Regular and Honey  
Roasted

Grape Nuts,  
Grape Nut Flakes,  
Great Grains  
Banana Nut Crunch,  
Shredded Wheat



Crispy Rice

Mini Spooners,  
Frosted Mini  
Spooners



Rice Crispies,  
Crispix, Corn Flakes,  
Special K (original)

All Bran, Mini Wheats,  
Frosted Mini Wheats:  
Regular, Little Bites,  
and Raspberry



Crispy Rice,  
Corn Flakes

Toasted Oats,  
Bran Flakes,  
Frosted Shredded  
Wheat



Corn Chex, Rice  
Chex, Blueberry  
Chex, Cinnamon  
Chex, Vanilla Chex,  
Dora the Explorer

Kix, Berry Berry Kix,  
Honey Kix, Cheerios,  
Multi Grain Cheerios,  
Wheat Chex, Fiber  
One, Wheaties,  
Total Whole Grain



Toasted Oats



Life





# Hot Cereal

Oatmeal, instant grits, and instant Cream of Wheat in individual packets are allowed. Other single-serving boxes and packets are not allowed.

## Whole Grain Options



Gluten Free Quick Rolled Oats, Gluten Free Thick Cut Rolled Oats, Bulgur Wheat



Instant Original Oatmeal



1 Minute, 2 ½ Minute, 10 Minute, Instant

Whole Grain



Original



Old Fashioned Oatmeal



Instant Oatmeal



Instant and Original Grits

Old Fashioned Oats, Crystal Wedding Oats, Oatmeal, Rolled Oats, Steel Cut Oats, Quick 1-Minute, Gluten Free Oatmeal



## Whole Grain Options



Original, Wheat, Rolled Oats



Quick Oats



Quick Cook Steel Cut Oats



Quick 1-minute Oats, Old Fashioned Oats



Instant Oatmeal, 1-Minute Oats, Old Fashioned Oats



Instant Oatmeal



Instant Oatmeal





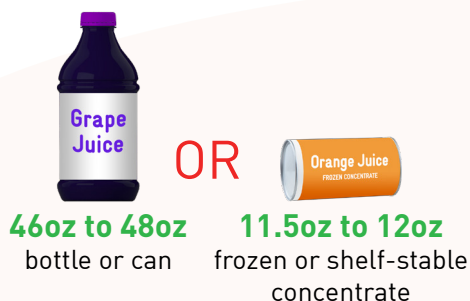
# Juice

**Must be 100% juice, with no sugar added and have at least 120% Daily Value for vitamin C.** Women may purchase 11.5oz to 12oz frozen or shelf-stable concentrate juices and 46oz to 48oz containers. Children may purchase 16oz frozen juices and 64oz containers.

Brands include:



For women, a "48oz Container" can mean:



For children, a "64oz Container" can mean:



# Fruits and Vegetables

## FRESH

### ✓ ALLOWED

- ✓ Any eligible variety and container size or type
- ✓ Bagged salads and vegetables
- ✓ Any variety of potatoes
- ✓ Fruits, vegetables precut, cleaned and packaged in the store for individual use
- ✓ Fruit or vegetable mixtures, whole or cut
- ✓ Organic

## CANNED OR FROZEN

### ✓ ALLOWED

- ✓ Any variety of canned and shelf-stable container, or frozen, with no added sugars, syrups, fats, or oils
- ✓ Beans such as green or wax beans
- ✓ May be regular or lower sodium
- ✓ Fruit and vegetable mixtures allowed
- ✓ Unsweetened or no sugar added applesauce
- ✓ Organic

## FRESH, CANNED AND FROZEN

### ✗ NOT ALLOWED

- ✗ Fruit and vegetable pouches
- ✗ Plastic fruit cups in multi-packs
- ✗ Edible blossoms or flowers
- ✗ Herbs and spices (for example: ginger and garlic)
- ✗ Dried fruits or vegetables, fruit-nut mixtures, fruit leathers or roll-ups
- ✗ Vegetable pasta or rice mixtures
- ✗ Hash browns, French fries, tater tots, or potatoes O'Brien
- ✗ Ornamental or non-edible vegetables and fruits, fruit baskets, or baked goods with fruit
- ✗ Added sugars, fats, oils, syrups, salt, cream or sauces
- ✗ Ketchup or other condiments, pickled vegetables, or olives
- ✗ Soup, pizza sauce, and salsa





# Infant Cereal

## ✓ ALLOWED

- ✓ Package size 8oz or 16oz
- ✓ Any combination of allowed cereal:  
Barley, oatmeal, multi-grain or mixed grains
- ✓ Organic
- ✓ Brands including:



## ✗ NOT ALLOWED

- ✗ Rice cereal
- ✗ Added fruit or single-serving boxes or jars
- ✗ Additives such as DHA/ARA



# Infant Fruits & Vegetables

## ✓ ALLOWED

- ✓ Stages 1, 2 and 2 1/2 fruits and vegetables in 4oz (jars) or 8oz (4oz two-packs)
- ✓ Single ingredient or combinations of fruit and/or vegetable ingredients (for example, pears, strawberry-banana, squash and apples)
- ✓ Organic
- ✓ Brands including:



## ✗ NOT ALLOWED

- ✗ Added proteins or grains
- ✗ Squeezable pouches
- ✗ Added sugars or salt
- ✗ Additives such as DHA/ARA



# Infant Meats

## ✓ ALLOWED

- ✓ Meat must be single major ingredient
- ✓ Must be 2.5oz size
- ✓ Added broth or gravy
- ✓ Organic
- ✓ Brands including:



## ✗ NOT ALLOWED

- ✗ Added sugars or salt
- ✗ Infant food combinations or dinners (for example, meat and vegetable combinations or spaghetti and meatballs)



If your benefits include...

64oz

You can buy:

16



jars

OR

8



2-packs

128oz

You can buy:

32



jars

OR

16



2-packs

256oz

You can buy:

64



jars

OR

32



2-packs

# ONLINE NUTRITION EDUCATION WITH wichealth

## ✓ It's easy

You can use any computer, tablet or smart phone.

## ✓ It's fun

There are lots of great recipes and tips on preparing healthy foods.

## ✓ It's convenient

You can do it anytime and anywhere you have internet access.



Access lesson certificates by visiting your dashboard. WIC parents that have used wichealth really enjoy it!

## Follow these simple steps to get started:

1. Go to [wichealth.org](http://wichealth.org), or access WIC Health through the WICShopper app.
2. Sign up and complete your profile.
3. Click "Start a new lesson."
4. Choose a lesson from one of the categories.
5. Complete the lesson.
6. Fill out the survey.
7. Click "Submit" or print your certificate of completion.



## Contact your WIC agency for help!



# WIC ENCOURAGES BREASTFEEDING EVERY OUNCE COUNTS!

Every mother can help her baby develop and grow with her own breastmilk. It's also a healthy, affordable choice.

- ✓ Healthy for MOMS    ✓ Healthy for BABIES    ✓ Great for FAMILIES



Breastfeeding helps moms and babies stay healthy. Healthy moms and babies are more active and ready for play.

Breastfeeding saves time, money, and the environment.

Moms have the right to breastfeed their children anytime, anywhere. It is the law in Alaska.

## WHAT WIC PARTICIPANTS SAY ABOUT BREASTFEEDING...

"What you taught me must have worked, because it's going great!"

"Healthier for my baby, no preparing milk and breastfeeding is free!"

"It was a way to be close to my daughter when I went back to work."

New parents have questions and WIC is here to answer those questions. Learn more about breastfeeding by contacting your WIC office or call (907) 465-3100.

## Alaska WIC Rights and Responsibilities

You have rights and responsibilities as a WIC participant. The names and addresses of you and your child may be given to agencies such as Medicaid, Denali KidCare, Supplemental Nutrition Assistance Program (SNAP), Heating Assistance, Temporary Assistance, Child Care, Infant Learning, Head Start and Public Health Nursing Programs for referral and outreach. Programs listed above may give the WIC program name(s), address, income, identification and residency for you and your child to help check if you qualify for WIC.

Other WIC information may also be shared with health programs to see if you qualify for their program's services, to share needed health information with programs you are already participating in, and to help assess the overall health of Alaskan families through reports and studies. These same programs listed below may also share their information with WIC for the same purposes. You may ask WIC staff for more information about these programs. These programs include: Medicaid, Denali Kid Care, Pro Care, Head Start, Supplemental Nutrition Assistance Program (formerly known as the Food Stamp Program), Immunizations Program, Public Health Nursing, State Epidemiology and Infant Learning Program.

### I understand my Rights and Responsibilities:

#### Responsibilities:

- I will treat WIC and store staff with courtesy and respect.
- All the information I give WIC is true and accurate. WIC staff can check this information.
- I will immediately report any changes in my income, family size, address, phone number or eligibility for Medicaid/Denali Kid Care, or the SNAP Program. I will also notify the WIC office if my card is lost or stolen, or if I am no longer breastfeeding.
- I will get WIC benefits from only one clinic at a time. If I move out of Alaska, I will ask for a transfer.
- **I will not sell, or try to sell my eWIC card, trade or give away formula or other WIC food benefits and breast pumps. This includes sale of such items in person, in print, or online.**
- I will be removed from the WIC program if my benefits are not issued or I do not use my benefits, for two months in a row.
- I will allow WIC staff to take my or my child's height and weight and take a small amount of blood to check my or my child's iron level. I understand this information is needed to check nutrition needs and determine eligibility for WIC.
- I will come to my appointments or call ahead when I need to reschedule.
- I will reapply for benefits as needed. I understand that WIC benefits are for participant use only.

- I will follow the WIC program and shopping rules that are on my WIC food list.
- WIC is a federal program. If I break the rules, make false statements, intentionally misrepresent, conceal, or withhold facts about my eligibility for the WIC Program, I understand that:
  - I or my child can be taken off WIC.
  - I will have to pay money back to WIC for foods, formula or breast pumps I should not have received. If I do not pay back the WIC program for foods and/or formula that I accepted or return loaned breast pumps that I was not eligible to receive, the state may use other types of legal options to collect payment, including small claims court, which could result in Permanent Fund Dividend (PFD) garnishment.
  - I can face civil or criminal prosecution under state and federal law.

#### Rights:

- If I qualify for WIC, I will get benefits to buy healthy foods. I understand that WIC does not give all the food or formula needed in a month. WIC foods help promote and support the nutrition and well-being and help meet the needed intake of important nutrients or foods for myself and / or my child(ren).
- WIC will give me information for healthy eating and active living. WIC will provide me with breastfeeding support.
- WIC will give me information to find a doctor and get immunizations for my child. I will be referred to other services.
- WIC staff will treat me with courtesy and respect.
- WIC will keep information about me and / or my child(ren) confidential and share only needed information to determine eligibility and for referral to other services.
- The rules for getting on WIC are the same for everyone. I can ask for a Fair Hearing if I do not agree with a decision about my WIC eligibility. WIC will tell me why my child or I qualify for the WIC Program.

DO NOT  **SELL**  **TRADE**  **GIVE AWAY** WIC FOODS



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or  
fax: (833) 256-1665 or (202) 690-7442; or  
email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

## WIC GIVES KIDS A HEALTHY START



## VISIT OUR WEBSITE AT

[wic.alaska.gov](http://wic.alaska.gov)

## eWIC CUSTOMER SERVICE LINE

Questions about your benefit balance?

Call the eWIC Customer Service Line, 24-hours a day, at:

**1 (844) 386-3149**

## CHECK YOUR BALANCE AT

[EBTedge.com](http://EBTedge.com)



## FOR MORE INFORMATION

Ask your WIC staff about services in your area. The Alaska Department of Health has information about:

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, the Alaska Temporary Assistance Program (ATAP), and Medicaid/Denali KidCare:

[health.alaska.gov/dpa/](http://health.alaska.gov/dpa/)

Immunizations:

[health.alaska.gov/dsds/Pages/infantlearning/providers/default.aspx](http://health.alaska.gov/dsds/Pages/infantlearning/providers/default.aspx)

Early Periodic Screening, Diagnosis and Treatment (EPSDT):

[health.alaska.gov/dhcs/Pages/epsdt\\_hcs.aspx](http://health.alaska.gov/dhcs/Pages/epsdt_hcs.aspx)

Infant Learning Program:

[health.alaska.gov/dsds/Pages/infantlearning/providers/asq.aspx](http://health.alaska.gov/dsds/Pages/infantlearning/providers/asq.aspx)

Tobacco, alcohol, and drugs can harm you, your baby, and family.

For help making changes, talk with WIC staff or visit:

[findtreatment.gov](http://findtreatment.gov)

# MY LOCAL CLINIC

Please call the clinic if you cannot keep your appointment.

| Date | Time | Reason | What to Bring  |
|------|------|--------|--|
|      |      |        | <input type="checkbox"/> Children<br><input type="checkbox"/> ID/Income<br><input type="checkbox"/> Immunization<br><input type="checkbox"/> _____ |
|      |      |        | <input type="checkbox"/> Children<br><input type="checkbox"/> ID/Income<br><input type="checkbox"/> Immunization<br><input type="checkbox"/> _____ |
|      |      |        | <input type="checkbox"/> Children<br><input type="checkbox"/> ID/Income<br><input type="checkbox"/> Immunization<br><input type="checkbox"/> _____ |

State of Alaska  
Department of Health  
Family Nutrition Program  
PO Box 110612  
Juneau, Alaska 99811  
(907) 465-3100



HEALTHY FOOD.  
HEALTHY KID.  
HAPPY MOM.

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