

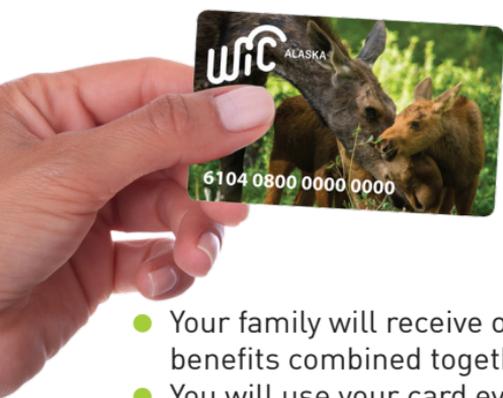


WIC FOOD LIST

A SHOPPER'S 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, your Shopping List, the WICShopper app, at www.ebtedge.com or by calling the eWIC Customer Service line at 1 (844) 386-3149.

✓ 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!

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

Use your eWIC card **before** all other forms of payment, including your Quest card.

✓ 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.



✓ Remember!

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

✗ NOT ALLOWED:

Rain checks, substitutions, IOU's, 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, brown rice, pasta and/or tortillas up the amount of whole grain listed on your household's Shopping List.

Mix and match!



32 oz total



48 oz total



Bread

Must be 100% whole wheat. Must be 10 oz. to 26 oz. These brands and types ONLY:



✓ Whole Wheat Bread



- ✓ Whole Wheat Bread
- ✓ Dinner Rolls
- ✓ Hamburger Buns



- ✓ 100% Whole Grain Stoneground Bread
- ✓ Whole Wheat Bread



- ✓ 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
- ✓ Hoogie 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. 100% whole grain.
These brands ONLY:



WHOLE WHEAT TORTILLAS

Must say "whole wheat" or "100% whole wheat" on label.
These brands ONLY:





Pasta

Must be 100% whole wheat. Any shape.
16 oz. size ONLY. These brands ONLY:



Rice

✓ ALLOWED

- ✓ Any brand
- ✓ Plain brown rice in a box or bag
- ✓ Instant, quick or regular cooking
- ✓ Long or short grain rice
- ✓ Organic

✗ 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

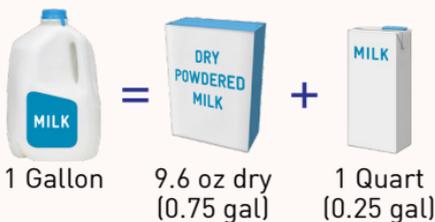
You can purchase evaporated milk ONLY if it is listed on your household benefit.



NOT ALLOWED

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

Mix and match sizes!





Yogurt

✓ ALLOWED

- ✓ 32 oz. only
- ✓ Plain, vanilla or strawberry
- ✓ Low fat, non fat, or fat free milk
- ✓ Whole milk ONLY if listed on Shopping List
- ✓ These brands ONLY:

Lucerne™



Tillamook
(Plain only)

Fred Meyer



Nancy's

Great Value

MOUNTAIN HIGH



✗ NOT ALLOWED

- ✗ Greek or organic
- ✗ Containers smaller than 32 oz.
- ✗ Artificial sweeteners like aspartame or sucralose.



Cheese

✓ ALLOWED

- ✓ 16 oz. or larger
- ✓ 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. These brands and types ONLY:

Azumaya



House Foods



- ✓ Firm
- ✓ Extra Firm
- ✓ Silken

- ✓ Silken

- ✓ Firm
- ✓ Extra Firm
- ✓ Medium Firm

- ✓ Lite Silken
- ✓ Silken (organic)



Soy

May purchase ONLY if soy is listed on your Shopping List.

✓ 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

- ✓ Small, medium or large
- ✓ Ova Easy dried eggs (4.5 oz. package = 1 dozen eggs)
- ✓ Two-pack hardboiled eggs (only if listed on Shopping List)

✗ NOT ALLOWED

- ✗ Brown eggs
- ✗ Extra large and jumbo eggs
- ✗ Low-cholesterol
- ✗ Eggland's Best brand
- ✗ Naturally nested, free range, cage free
- ✗ Organic



Fish



ALLOWED

- ✓ Any brand. Canned ONLY
- ✓ **Pink Salmon:** 5 oz., 6 oz., 7.5 oz., and 14.75 oz.
- ✓ **Tuna:** 6.25 oz. or less packed in water. No added flavors
- ✓ **Sardines:** 3.75 oz. and 15 oz., 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!



30 oz



30 oz

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 16 oz. 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 15 oz. and no larger than 16 oz.
- ✓ Refried beans without added sugars, fats, oils, vegetables or meats
- ✓ Baked beans allowed ONLY if listed on your Shopping List

✗ NOT ALLOWED

- ✗ Green beans, immature beans, green peas, snap peas, orange 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

- ✓ 16 oz. only
- ✓ These brands ONLY:



✗ NOT ALLOWED

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



“1 Container” can mean:

4 15-16 oz
cans of beans



OR

1 16 oz
bag of dry beans



OR

1 16-18 oz
jar of peanut butter



PEANUT BUTTER

✓ ALLOWED

- ✓ Must be 16-18 oz. containers
- ✓ Any type: creamy, chunky, extra chunky, smooth, low sodium, low sugar, or natural

✗ 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, Tosteos,
Shredded Wheat,
Frosted Shredded
Wheat, Honey Nut
Tosteos



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,
Crisp 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 Tosteos

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



Old Fashioned Organic Oats



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



Instant Oatmeal





Juice

Must be 100% unsweetened juice. Regular and low sodium vegetable and tomato juice are allowed. Women may purchase 11.5-12 oz. frozen or shelf-stable concentrate juices and 46-48 oz. containers. Children may purchase 16 oz. frozen juices and 64 oz. containers. These brands ONLY:



Langers. It's in the Juice.

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



46-48 oz

bottle or can

OR



11.5-12 oz

frozen or shelf-stable concentrate

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



64 oz

carton

OR



64 oz

bottle

OR



16 oz

frozen



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 8 oz. or 16 oz.
- ✓ Any combination of allowed cereal:
Barley, oatmeal, multi-grain or mixed grains
- ✓ Organic
- ✓ These brands ONLY:



✗ NOT ALLOWED

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



Infant Fruits & Vegetables

✓ ALLOWED

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



✗ 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
- ✓ Added broth or gravy
- ✓ Organic
- ✓ These brands ONLY:



✗ NOT ALLOWED

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



If your Shopping List says...

64 oz

You can buy:

16



jars

OR

8



2-packs

128 oz

You can buy:

32



jars

OR

16



2-packs

256 oz

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
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!

Your breastmilk is all your newborn needs!

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 (Formally 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 sell 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



WIC FOODS

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D. C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

WIC GIVES KIDS A HEALTHY START



VISIT OUR WEBSITE AT

<http://wic.alaska.gov>

eWIC CUSTOMER SERVICE LINE

Questions about your Shopping List or benefit balance?
Call the eWIC Customer Service Line, 24-hours a day, at:

1 (844) 386-3149

CHECK YOUR BALANCE AT

EBTedge.com



FOR MORE INFORMATION

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

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

<http://dhss.alaska.gov/dpa>

Immunizations:

<http://dhss.alaska.gov/dph/Epi/iz>

Early Periodic Screening, Diagnosis and Treatment (EPSDT):

<http://dhss.alaska.gov/dph/Nursing/Pages/Services-Resource-Pages/Well-Child.aspx>

Infant Learning Program:

<http://dhss.alaska.gov/dsds/pages/infantlearning/>

Cigarettes, alcohol, and drugs can harm you, your baby, and family. For help making changes, talk with WIC staff or visit:

<http://findtreatment.samhsa.gov/locator/home>

MY LOCAL CLINIC

Bring this list to each clinic visit.

Please call the clinic if you cannot keep your appointment.

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

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



HEALTHY FOOD.
HEALTHY KID.
HAPPY MOM.

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Published October 2019