

WIC Clinic Tips

Make trips to the clinic easier:

- Ask clinic staff about walk-in or extended hours.
- Make sure to bring your children's favorite toys or books to entertain them while you wait.
- Sign up a family member, to serve as a proxy. Proxies with ID can pick up and shop with WIC checks.
- Don't forget that the parent/guardian has to be present for the recertification appointments.
- Did you know that you can complete your nutrition education online? Use a computer or smart phone to access WICHealth.org.

Avoid missed appointments:

- Set an alarm on your cell phone to remind you at least one week before and the day of your appointment.



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Tips for WIC

After Your Child Turns 1 Year Old



WIC Shopping Tips

Get the most out of your WIC checks:

- Check the “First Day to Use” and the “Last Day to Use” as soon as you get your WIC checks.
- Set an alarm on your cell phone to remind you a week before the “Last Day to Use” your WIC checks.



Avoid lost or misplaced WIC checks:

- Keep your WIC checks and WIC ID in the same place each month (such as a basket near the door, reusable shopping bag, or diaper bag).

Make selecting WIC foods easier:

- Snap a photo of your favorite WIC approved brands and sizes with your phone to remind you at future visits.
- Use your phone calculator to keep track of your fruit and vegetable costs- if you spend less than the cash value, you won't get money back but if you go over, you can choose to pay extra.
- Ask when your favorite stores restock items to get the best selection.
- Keep track of the WIC items you do not use and remember to tell a WIC staff member at your next appointment. You may be able to receive more or less of certain items.
- Explain to your proxies how to use WIC checks. Take your proxy with you when you shop so he/she can learn the process.



Reduce hassles at the register:

- Make sure to bring your WIC ID to the store when you shop.
- Make sure your proxies sign the WIC ID before they get to the store.
- Separate your WIC foods from the rest of your grocery items in your cart to make it easier for the cashier to identify WIC foods.
- Group the WIC foods by each check.
- If the cashier has a negative attitude, first stay calm and ask questions to learn more about the cashier's concerns.
- If the cashier can't/won't address the issue, ask to talk to the store manager, go to the service desk, and call the **WIC hotline at 1-800-843-6154**.