



Women, Infants, and Children (WIC)

What is WIC?

WIC is a program that provides nutrition and breastfeeding services and supplemental foods to low-income pregnant, postpartum, and breastfeeding women, and infants and children up to the age of 5 who are at nutritional risk. WIC serves foster infants and children, and many nontraditional families. WIC provides nutrition education, personalized breastfeeding support, and referrals to other public health programs.

How can WIC benefit me?

There are a variety of helpful resources that WIC can provide for free. Some of the main benefits available to WIC participants are:

- Nutrition counseling.
- Funds to purchase healthy foods (eWIC card).
- Prenatal and breastfeeding support.
- Health assessments.
- Referrals to other helpful programs.

Who qualifies for WIC?

To qualify for WIC, your household's gross income* must be at or below a specific amount, you must be a Utah resident, and be determined to be at nutritional risk by a WIC health professional. Assessments for nutritional risk are free of charge and will be completed at your first WIC appointment.

Open the camera on your phone and scan the QR code or visit <https://wic.utah.gov/about/apply/eligibility-requirements/> to see if you qualify to receive WIC benefits.



Did you know...

Your income already qualifies for WIC if you or your family:

- Qualifies for free or reduced-cost lunch.
- Receives SNAP or Temporary Assistance for Needy Families (TANF).
- Receives Medicaid.

*Gross income is a household's total, non-excluded income, prior to deductions being made.

Can non-citizens apply for benefits?

Yes. Anybody who fits the criteria listed above may apply and receive benefits, regardless of immigration or citizenship status.

What does "nutritional risk" mean?

A nutritional risk refers to a condition or circumstance that may increase the likelihood of an individual to develop nutritional problems or deficiencies later on. WIC benefits can help prevent nutritional problems or deficiencies from developing. A WIC health professional will assess your medical history, dietary habits, lifestyle, and other information to determine your nutritional risk.

Some examples of nutritional risks are:

- Anemia.
- Previous pregnancy complications.
- Inadequate dietary patterns.
- Diets that do not meet the Dietary Guidelines for Americans daily recommendations.



Utah Department of
Health & Human Services
Family Health

How can I receive WIC benefits?

WIC is funded and administered by the USDA Food and Nutrition Service, but the Utah Department of Health and Human Services distributes the funds to local health departments, which operate WIC clinics throughout the state of Utah.



Open the camera on your phone and scan the QR code or visit <https://health.utah.gov/vpms/client/> to request a WIC appointment and begin the application process.

You can also call a WIC clinic near you to schedule an appointment. Open the camera on your phone and scan the QR code or visit <https://wic.utah.gov/locations/> to find a WIC clinic near you.



Are there work requirements to receive benefits?

While there are no work requirements to receive WIC benefits, the total income of the household must be below a certain level.



What can I buy with WIC benefits?

- Cereal.
- Whole wheat bread & other whole grains.
- Milk, cheese, yogurt, & tofu.
- 100% juice.
- Beans, legumes & peanut butter.
- Infant cereal & baby food.
- Infant formula.
- Eggs.
- Fresh & frozen fruits & vegetables.

Utah WIC food benefits can only be used at WIC-authorized stores in Utah. Most grocery stores in Utah are WIC authorized. To learn which retailers accept WIC, open the camera on your phone and scan the QR code or visit <https://wic.utah.gov/vendors/approved-vendor-list/>.



How does the eWIC card work?

1. You will receive an eWIC card that will have funds loaded onto it and will work exactly like a debit card would when used at grocery stores. This card is separate from the SNAP Horizon card.
2. Usually, three months of benefits are loaded on your card. However, you can only access one month's benefits at a time.
3. Only WIC-approved foods can be purchased in the specified amount loaded on your eWIC card.
4. All foods issued for the month must be purchased before midnight on the last day of the month. Unused benefits do not roll over to the next month.

What if I am without a permanent address?

You can still apply for WIC benefits. Call your local WIC clinic before your appointment to see what you need to bring.

Do I have to buy all my WIC foods?

No, you only need to purchase the foods and amount of foods you and your family will use each month.

To receive additional information about WIC, open the camera on your phone and scan this QR code:



What should I bring to my WIC appointment?

- Proof of identity for yourself and each child applying for WIC.
- Proof of address.
- Proof of income of each working person in the household.
- Immunization records.
- Your children that are under the age of 5 that may qualify for WIC.

After your first appointment, you won't need to bring these documents for another year, unless information changes before then. For additional information on what to bring to your first WIC appointment, open the camera on your phone and scan the QR code or visit <https://wic.utah.gov/about/apply/>. You can also call your local WIC clinic if you have questions.



Can I replace food I don't use with another food?

If you want to make substitutions for certain foods, you must contact your WIC clinic to discuss making changes to the current benefits loaded on your card. Substitutions cannot be made in the store; the foods you purchase must align with the specific benefits provided to you by WIC. Items not aligned with your WIC benefits must be purchased with personal funds.

Can I buy diapers with WIC?

No, you cannot buy diapers with WIC. However, there are many local diaper banks that can provide assistance. WIC staff can also provide information about diaper banks in your area.

Contact WIC at 1-877-WIC-KIDS (942-5437) for answers to additional questions.

References

Food and Nutrition Service. (n.d.). *Special supplemental nutrition program for women, infants, and children (WIC)*. USDA. Retrieved July 5, 2023, from <https://www.fns.usda.gov/wic>.
WIC. (n.d.). *Utah women, infants and children*. Utah.gov. Retrieved July 5, 2023, from <https://wic.utah.gov/>.

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Extension

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