WIC to 5
Pocket Guide for Health Care Providers
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The WIC to 5 Program

The Illinois Department of Human Services (IDHS) WIC Special Supplemental Program for Women, Infants, and Children (Illinois WIC), is partnering with faculty at University of Illinois at Chicago, Department of Kinesiology and Nutrition (UIC-KN) to launch a new program called “WIC to 5”.

Description of the program

- The purpose of “WIC to 5” is to increase WIC participation and retention among eligible children in Illinois.
- Interviews and surveys were conducted with over 100 WIC clients, WIC staff, child care providers, and health care providers to identify the major barriers and facilitators related to WIC participation and to inform the development of the program.
- The “WIC to 5” initiative includes a social marketing campaign, WIC staff training and outreach, and strategic partnerships with health care providers and child care providers, as well as other community partners that serve low-income women and children across the state.
- Partners include the Illinois Chapter of American Academy of Pediatrics and Illinois Academy of Family Physicians.
The Importance of Retention

Did you know that there has been a decline in WIC participation since 2009? The USDA estimated that 85% of eligible infants participated in WIC in 2010. However, only 52% of eligible children ages 1-4 were enrolled in the program.

There are many barriers to WIC retention:
- Stigma associated with food and nutrition assistance program participation
- Limited knowledge about the WIC program and its services
- Conflicting information from different sources
- Too much paperwork
- Uncoordinated provider efforts

What can Healthcare Providers do?
- Learn more about WIC. This booklet contains a basic overview of the program, services, timeline, and food package.
- Incorporate the included questions and anticipatory guidance about WIC into your normal well visit conversations.
- Talk with clients about their concerns around being judged or treated differently.
- Create packets to organize necessary paperwork so clients are ready when they go in for their WIC appointments.
- Provide WIC brochures in your office to share with patients.
- Hang WIC posters providing eligibility info and patient benefits.
- Communicate and coordinate with WIC providers about new ideas and trends.
Introduction to WIC

What is WIC?
WIC provides nutritious foods, nutrition education (including breastfeeding promotion and support) and referrals to health and other social services for participants at no charge.

Population served
The WIC target population is low-income, nutritionally at risk:
¨ Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends)
¨ Breastfeeding women (up to infant’s 1st birthday)
¨ Non breastfeeding postpartum women (up to 6 months after the birth of an infant) or after pregnancy ends
¨ Infants (up to 1st birthday), WIC serves 53% of all infants born in the U.S.
¨ Children (up to 5th birthday), WIC serves 29% of all children ages 1-4 in the US.
¨ In Illinois, approximately 40 percent of all babies born are on the WIC program.
¨ In 2010, Illinois spent $166,396,777 on WIC, serving 307,201 participants.

Where is WIC available?
WIC benefits are available in all 102 Illinois counties at more than 220 clinics, which include:
♦ County health departments
♦ Community action agencies
♦ Hospitals
Participant Benefits
The following benefits are provided to WIC participants:
- Vouchers to buy healthy foods
- Education about nutrition and health to help their family eat well and be healthy
- Education and help with breastfeeding
- Help in finding health care and other services in your area

Why WIC Matters
WIC participants have:
- Increased hemoglobin and hematocrit levels; lower prevalence of childhood anemia
- Increased iron density of all meals as preschoolers
- Decreased risk of household food insecurity
- Lower percentage of energy from added sugar consumption in preschoolers
- Increased nutrient consumption (protein, iron, zinc, B vitamins, and vitamin E)
- Increased consumption of lower fat dairy and whole grains (post 2009 Food Package change)

References
Description of WIC Benefits

WIC Food Package
Since 2009, the monthly food package has undergone revisions to better reflect the USDA Dietary Guidelines for Americans. The goals were focused on improving current health risks such as obesity as well as catering to more diverse populations and cultural food preferences.

The first major revision occurred in 2009 and included such changes as:

- Providing cash vouchers (up to $10) to purchase fruits and vegetables, excluding white potatoes
- Introducing whole grains
- Offering only reduced, low, or nonfat milk to women and children ages 2-5

- Decreasing the quantities of juice, milk, and eggs
- Allowing canned legumes instead of only dried
- Enhancing the food package for breastfeeding mothers and infants

Recent changes approved in 2014 include:

- Offering only low fat or nonfat milk to women and children ages 2-5
- Allowing substitution of milk with yogurt
- Adding whole grain pasta to the whole grain options
- Increasing the child fruit and vegetable voucher to $8 a month
- Allowing substitution of some baby food fruits and vegetables with cash vouchers to purchase fresh fruits and vegetables for 9 month old infants.
WIC Client Services

Nutrition education has always been offered through WIC and delivered by staff with bachelors and graduate degrees in nutrition, dietetics, and health education. All clients receive nutrition education every 3 months while in the program. Nutrition education can be completed as individual education, group education sessions, internet education, or self-study modules.

Improvements to WIC’s nutrition education are continuously being made. Over the past few years, there has been an increasing emphasis on participant centered learning and motivational interviewing throughout the WIC experience.

At all certification visits, WIC nutritionists or certified health professionals assess each client’s nutrition risk. This assessment includes anthropometrics, hemoglobin, and dietary assessment through a 24 hour dietary recall. Based on the individual assessment, the nutritionist provides education and counseling and issues the food package to the client. Follow-up visits occur every 1-3 months according to the specific issues being observed.

Breastfeeding women receive additional support through staff lactation specialists and peer counselors.

WIC offices also provide referrals to other health care and community resources such as immunizations, dental care, child care, and other government assistance programs.

The following tables provide a detailed description of the food packages for each client category as well as timing of service delivery.
# WIC Service Timelines for Women, Infants and Children

<table>
<thead>
<tr>
<th>Category</th>
<th>Certification Date</th>
<th>Nutrition Education and Follow-up</th>
<th>Mid-certification Assessment</th>
<th>Termination Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant Women</td>
<td>Any time during pregnancy</td>
<td>1-3 month intervals</td>
<td>N/A</td>
<td>6 weeks postpartum</td>
</tr>
<tr>
<td>Postpartum Women</td>
<td>Date of delivery</td>
<td>1-3 month intervals</td>
<td>N/A</td>
<td>6 months postpartum</td>
</tr>
<tr>
<td>Breastfeeding Women</td>
<td>Date of delivery</td>
<td>1-3 month intervals</td>
<td>6 months postpartum with infant</td>
<td>1 year postpartum</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Certification Date</th>
<th>Nutrition Education</th>
<th>Mid-certification Assessment</th>
<th>Termination Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants</td>
<td>Date of birth</td>
<td>Every 3 months</td>
<td>6 months</td>
<td>1 year</td>
</tr>
<tr>
<td>Children</td>
<td>Any time after 1 year up to 5th birthday</td>
<td>Every 3 months</td>
<td>6 months after certification</td>
<td>12 months after certification until 5th birthday</td>
</tr>
</tbody>
</table>
# WIC Monthly Food Packages for Women

<table>
<thead>
<tr>
<th>Food</th>
<th>Pregnant Women</th>
<th>Postpartum Women</th>
<th>Breastfeeding Women</th>
<th>Key Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cow’s Milk¹</td>
<td>5 gallons and 2 quarts</td>
<td>4 gallons</td>
<td>6 gallons</td>
<td>Protein, Calcium, Vitamins D&amp;A</td>
</tr>
<tr>
<td>Cheese</td>
<td>N/A</td>
<td>N/A</td>
<td>1 lb</td>
<td>Protein, Calcium</td>
</tr>
<tr>
<td>Eggs</td>
<td>1 dozen</td>
<td>1 dozen</td>
<td>2 gallons</td>
<td>Protein</td>
</tr>
<tr>
<td>Juice</td>
<td>144 fl. oz. single strength</td>
<td>96 fl. oz. single strength</td>
<td>144 fl. oz. single strength</td>
<td>Vitamin C, Folate</td>
</tr>
<tr>
<td>Fruits &amp; Vegetables²</td>
<td>Cash value checks for $10</td>
<td>Cash value checks for $10</td>
<td>Cash value checks for $10</td>
<td>Vitamins A, C, E; Fiber Folate; Potassium;</td>
</tr>
<tr>
<td>Breakfast Cereals³</td>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
<td>Iron; B Vitamins; Folate; Fiber; Zinc</td>
</tr>
<tr>
<td>Whole Grains⁴</td>
<td>1 lb</td>
<td>N/A</td>
<td>1 lb</td>
<td>Iron, B Vitamins, Zinc, Fiber, Magnesium</td>
</tr>
<tr>
<td>Fish (canned)</td>
<td>N/A</td>
<td>N/A</td>
<td>30 oz.</td>
<td>Protein</td>
</tr>
<tr>
<td>Beans and Peanut Butter</td>
<td>1 lb dried beans⁵ and 18 oz peanut butter</td>
<td>1 lb dried beans or 18 oz peanut butter</td>
<td>1 lb dried beans and 18 oz peanut butter</td>
<td>Protein, Folate, B Vitamins, Fiber</td>
</tr>
</tbody>
</table>

¹ 1% or nonfat milk only; substitutions for cheese or yogurt available
² Fresh, frozen or canned fruits and vegetables
³ Ready-to-eat and instant and regular hot cereals
⁴ Whole wheat bread, soft corn tortillas, whole wheat pasta, brown rice, bulgur or barley
⁵ Or 4 - 16 oz canned beans
## WIC Monthly Food Packages for Infants

<table>
<thead>
<tr>
<th>Food</th>
<th>Fully Breastfed Infants</th>
<th>Fully Formula Fed Infants</th>
<th>Key Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>0-5 Months</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Infant Formula</td>
<td>N/A</td>
<td>0-3 Months 823 fl. oz. reconstituted concentrate OR 832 fl. oz. ready-to-feed OR 870 fl. oz. reconstituted powder</td>
<td>All essential nutrients</td>
</tr>
<tr>
<td></td>
<td>See enhanced food package for breastfeeding women</td>
<td>4-5 Months 896 fl. oz. reconstituted concentrate OR 913 fl. oz. ready-to-feed OR 960 fl. oz. reconstituted powder</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>6-11 Months</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Infant Formula</td>
<td>N/A</td>
<td>630 fl. oz. reconstituted concentrate OR 643 fl. oz. ready-to-feed OR 696 fl. oz. reconstituted powder</td>
<td>All essential nutrients</td>
</tr>
<tr>
<td></td>
<td>See enhanced food package for breastfeeding women</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Infant Cereal</td>
<td>24 oz. Rice, oatmeal, barley or mixed grain</td>
<td>24 oz. Rice, oatmeal, barley or mixed grain</td>
<td>B Vitamins, Iron</td>
</tr>
<tr>
<td>Baby Food</td>
<td>256 oz. OR (after 9 months) Cash value checks for up to $8 (fresh fruits and vegetables only) to replace up to 128 oz. baby fruits and vegetables</td>
<td>128 oz. OR (after 9 months) Cash value checks for up to $4 (fresh fruits and vegetables only) to replace up to 64 oz. baby fruits and vegetables</td>
<td>Vitamins A, C &amp; E; Folate; Fiber; Potassium</td>
</tr>
<tr>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baby Meats</td>
<td>77.5 oz plain with broth or gravy</td>
<td>N/A</td>
<td>Protein, Iron</td>
</tr>
</tbody>
</table>
### WIC Monthly Food Package for Children

<table>
<thead>
<tr>
<th>Food</th>
<th>Children ages 1-4 years of age</th>
<th>Key Nutrients</th>
</tr>
</thead>
</table>
| Cow’s Milk            | 3 gallons and 1 quart  
                        Only whole milk for 1-2 years olds  
                        1% or non fat milk for 2-5 years old  
                        1 quart of milk can be substituted for yogurt | Protein, Calcium, Vitamins D & A, Folate, Riboflavin                             |
| Eggs                  | 1 dozen                                                             | Protein                                                                        |
| Beans and Peanut Butter | 1 lb dried beans or 4 - 16 oz canned beans or 18 oz peanut butter | Protein, Folate, B Vitamins, Fiber                                              |
| Juice                 | 128 fl. oz. single strength                                        | Vitamin C, Folate                                                               |
| Fruits & Vegetables   | Cash value checks for $8 (fresh, frozen or canned fruits and vegetables) | Vitamins A, C & E; Folate; Potassium; Fiber                                    |
| Breakfast Cereals     | 36 oz (ready-to-eat and instant and regular hot cereals)           | Iron; B Vitamins; Folate; Fiber; Zinc                                           |
| Whole Grains          | 2 lbs (whole wheat bread, soft corn tortillas, whole wheat pasta, brown rice, bulgur or barley) | Iron, B Vitamins, Zinc, Fiber, Magnesium                                       |
Well-Visit Communication

Prenatal

Interview Questions

- What have you heard about the WIC program?
- Have you ever participated in WIC?
- Have you already signed up for the WIC program? OR Do you think you might be eligible for the WIC Program?
- How are you planning to feed your baby?

Anticipatory Guidance

- Eligibility criteria for WIC program (use screener in pocket guide).
- WIC provides food assistance, nutrition education, and health care referrals to pregnant and postpartum women, infants, and children up to the age of 5.
  - Food package for pregnant women includes milk, cereal, eggs, $10 voucher for fruits and vegetables, whole grains (whole wheat bread, brown rice, corn tortillas, oatmeal, etc), peanut butter, beans, and juice.
  - Benefits of breastfeeding package for women: receive more food, can participate for longer period of time (until child is 12 months), and access to breastfeeding peer counselors.

3-5 Days

Interview Questions

- Did you sign up for WIC during your pregnancy?
Have you notified your WIC office about your child’s birth to get him certified?

How are you feeding your baby? Breastfeeding or formula?

**Anticipatory Guidance**

**For Parents of Breastfed Infants**
- Benefits of breastfeeding package: receive more food, can participate for longer period of time (until child is 12 months), and access to breastfeeding peer counselors.
- Food package for breastfeeding women: Same foods as pregnancy plus cheese and canned fish and more milk and eggs.

**For Parents of Formula Fed Infants**
- Food package for infants 0-3 months: ~840 fl. oz. of reconstituted liquid concentrate, powder or ready to feed.
- Food package for postpartum women: Same foods as pregnancy except no whole grain option and less juice and milk. Can receive up to 6 months after delivery.
- Foster and adoptive parents do not receive a food package for themselves.

**1 Month Interview Questions**
- Have you gone in for your infant’s certification visit?
- Do you need a WIC certification form completed at today’s visit? Immunization record?
- How are you feeding your baby?
For Parents of Breastfed Infants
- WIC has breastfeeding resources such as peer counselors and pump rentals to help you continue breastfeeding.

2 Months
Interview Questions
- Have you gone in for your infant’s certification visit?
- Do you need a WIC certification form completed at today’s visit?

Anticipatory Guidance

For Parents of Breastfed Infants
- WIC has breastfeeding resources such as peer counselors and pump rentals to help you continue breastfeeding.

For Parents of Formula Fed Infants
- Food package for infants 4-5 months: ~900 fl. oz. of reconstituted liquid concentrate, powder or ready to feed.

6 Months
Interview Questions
- Have you gone in for your infant’s 6-month follow-up visit at WIC?
- What nutrition and feeding topics have you learned about at WIC?

Anticipatory Guidance

For Parents of Breastfed Infants
Food package for breastfeeding infants: infant cereal, baby food fruits and vegetables, baby food meats
Baby food meats provide iron which is important for breastfed infants.

For Parents of Formula Fed Infants
Food package for infants: ~650 fl. oz. reconstituted liquid concentrate, powder, or ready-to-feed, infant cereal and baby food fruits and vegetables

9 Months
Interview Questions
How do you like the WIC program? Have you had any significant problem receiving your benefits?

How long do you plan to keep your child enrolled in WIC?

Anticipatory Guidance
WIC isn’t just for pregnant moms and babies. Eligible children can receive WIC benefits until the age of 5.
WIC saves your family money.
WIC provides nutritious foods your child needs.
WIC helps your child’s growth and development.
WIC connects you to other services, providers, and resources.
WIC provides free counseling and advice.

1 Year
Interview Questions
Have you re-certified your child in WIC?

Have you had any significant problem receiving your benefits?

Do you need a WIC certification form completed at today’s visit? Immunization record?

What nutrition and feeding topics have you learned about at WIC?

Anticipatory Guidance

Food package for children 1-2 Years: Whole milk, juice, breakfast cereal, eggs, $8 voucher for fruits and vegetables, whole grains (whole wheat bread, brown rice, corn tortillas, etc), and beans or peanut butter.

The amount of 100% juice provided is the food package is the amount recommended by the AAP (~ 4 oz per day).

You can re-enroll your child if previously dropped from program. Many working families are still eligible for WIC.

WIC provides a lot of the nutritious foods that are recommended for all toddlers’ growth and development: whole grains, fruits and vegetables, peanut butter, beans, eggs, and milk.

WIC staff are specially trained in nutrition and feeding of young children. They can answer any questions you.

15 Months

Interview Questions

Are you still participating in WIC?
18 Months

Interview Questions

- Have you gone for your 18-month follow-up visit?
- Have you had any significant problem receiving your benefits?

Anticipatory Guidance

- You can re-enroll your child if previously dropped from program. Many working families are still eligible for WIC.
- WIC staff are specially trained in nutrition and feeding of young children. They can answer any questions you.

2 Years

Interview Questions

- Is your child enrolled in WIC?
- Have you re-certified your child in WIC?
- Do you need a WIC certification form completed at today’s visit? Immunization record?
- Have you had any significant problem receiving your benefits?
- What nutrition and feeding topics have you learned about in WIC recently?

Anticipatory Guidance

- Children no longer need the added fat in whole milk which is why WIC provides lower fat milk after 2 years of age. It helps lower your child’s risk of obesity.
- WIC allows you to choose which fruits and vegetables you purchase which can help you if your child displays picky eating behaviors.
or you want to expose him to new flavors from time to time.

- WIC staff are specially trained in nutrition and feeding of young children. They can answer any questions you.
- You can re-enroll your child if previously dropped from program. Many working families are still eligible for WIC.

3-4 Years

Interview Questions

- Is your child enrolled in WIC
- Have you re-certified your child in WIC?
- Do you need a WIC certification form completed at today’s visit? Immunization record?
- Have you had any significant problem receiving your benefits?
- What nutrition and feeding topics have you learned about in WIC recently?

Anticipatory Guidance

- You can re-enroll your child if previously dropped from program. Many working families are still eligible for WIC.
- The nutritious foods that WIC provides can help your child be ready for learning at preschool and kindergarten. Having a healthy breakfast with foods like cereal, oatmeal, whole wheat toast, eggs and juice will help your child focus on school day activities.
- WIC staff are specially trained in nutrition and feeding of young children. They can answer any questions you.
Screening Tool

Your patient may be eligible for WIC if he/she:
1. Is under the age of 5
2. Has a household income less than (see table)

<table>
<thead>
<tr>
<th>Persons in Household</th>
<th>Annual</th>
<th>Monthly</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$21,257</td>
<td>$1,772</td>
<td>$409</td>
</tr>
<tr>
<td>2</td>
<td>$28,694</td>
<td>$2,392</td>
<td>$552</td>
</tr>
<tr>
<td>3</td>
<td>$36,131</td>
<td>$3,011</td>
<td>$695</td>
</tr>
<tr>
<td>4</td>
<td>$43,568</td>
<td>$3,631</td>
<td>$838</td>
</tr>
<tr>
<td>Add’l Member</td>
<td>$7,437</td>
<td>$620</td>
<td>$144</td>
</tr>
</tbody>
</table>

What to bring to the WIC Office

- Anyone already receiving benefits
- Identification (e.g. Driver’s License or Photo ID)
- Proof of Income
- Proof of Current Address
- Immunization Record

Note: If patient has an IL Medical Card, no other documentation is required. Parent/caregiver still needs to bring child or children receiving benefit