

A close-up photograph of a glass filled with milk. A thick stream of milk is being poured into the glass from above, creating a large, dynamic splash that rises above the rim. The background is a solid, deep blue. The text "Welcome to the Broome County WIC Program" is overlaid on the right side of the image in a white, sans-serif font.

Welcome to the Broome County WIC Program

Broome County WIC Mission Statement

The mission of WIC is to partner with you and your family to provide:

- Breastfeeding promotion and support
- Healthy lifestyle promotion and support
- Nutrition counseling focused on your needs and concerns
- Individualized food packages
- Referrals to other health and social services

WIC Participant Rights and Responsibilities

At your first visit with WIC you will receive a copy of your rights and responsibilities. Read them over closely and if you should have any questions please ask the WIC staff.

This is an EQUAL OPPORTUNITY program. If you believe you have been discriminated against because of race, color, national origin, age, sex, or handicap, write immediately to the Secretary of Agriculture, Washington, D.C. 20250

WIC Main Site

❖ Binghamton -- Broome County Health Department

- 225 Front St
- Monday – Friday 8:00 AM to 4:00 PM
- Wednesdays 8:00 AM to 6:30 PM
- 1st & 3rd Monday open at 7:00 AM
- 4th Saturday 8:00AM to 1:00 PM

WIC Outreach Sites

❖ Johnson City – Sarah Jane Johnson Memorial United Methodist Church

- 303 Main Street
- 2nd Thursday 9:00 AM to 3:00 PM

❖ Whitney Point- St Patrick's Church

- 59 Keibel Road
- 1st Thurs 9 - 3

❖ Endicott- Central United Methodist Church

- 17 Nanticoke Ave
- 2nd Tuesday 11 – 6
- 3rd Monday 9 – 3



Items You Must Bring to Every WIC Appointment



1) Proof of ID for you and your child/children
(WIC ID card will work)

2) Proof of Address

3) Proof of Income

a. Active Medicaid or Fidelis Card

OR

b. SNAP (Food Stamps) Letter of Decision from DSS

OR

c. Income: Pay Stubs; Child Support; Unemployment;
Disability; Social Security; Foster Care Stipend, etc...

Proxy




There are 3 choices for types of proxies on the proxy form:

- A **Proxy** is someone who:
 - You authorize to sign for WIC checks at the WIC office
 - Is able to go to the grocery store to use WIC food checks
- A **Parent/Spouse/Partner** is someone who:
 - Is authorized to sign for WIC checks at the WIC office
 - Is able to go to the grocery store to use WIC food checks
 - Is able to bring the child to appointments, ETC...
- A **Representative (non-custodial)** is someone who:
 - Is authorized to sign for WIC checks at the WIC office
 - Is able to go to the grocery store to use WIC food checks
 - Is able to bring the child to appointments, ETC...

Each family on WIC is allowed TWO proxies. All proxies **MUST** fill out and sign the proxy form before they are allowed to have their name added to the WIC ID card. The Proxy form **MUST** be authorized/signed by the legal guardian/participant.

WIC ID Card

	Broome County Health Department 225 Front St Binghamton, NY 13905 Phone number 607-778-2881 Local Agency No. 221 Site: 02	WIC PROGRAM IDENTIFICATION CARD NYS DEPARTMENT OF HEALTH Card Number: <u>20912345</u> Date Issued: <u>04/12/2016</u> <u>Doe, Jane</u> Participant/Parent/ Guardian Name _____ Participant/ Parent/Guardian Signature <u>Doe, John</u> <u>NO PROXY</u> Parent/Caretaker/Proxy Name _____ Parent/Caretaker/Proxy Signature _____ Local Agency Authorized Signature
	<u>WIC ID:</u> #20913456 <u>Name</u> Doe, Jane	

This is an example of what your WIC ID card will look like. This is the only ID you can use to use your WIC checks. Also be sure you and your proxy sign the card before using it.

**Be sure you or your proxy take the following with you when you go to the store:
Your WIC checks, ID Card and Food Card.**

Your WIC Checks

- Use your WIC checks in order
- Return outdated WIC checks to WIC office
- Do not alter your WIC checks
- Do not sell or give away WIC foods/formula
- Do not exchange WIC foods/formula or checks with others
- Do not return WIC foods/formula for cash or credit
- Only sign and date WIC checks after total amount is complete by the cashier
- Do not give WIC checks or food/formula to friends or family
- Lost or stolen WIC checks CANNOT be replaced
- Damaged WIC checks CAN be replaced as long as checks are returned and they are within check dates

WIC Check Example



The WIC ID Number

Name of person or family for whom the food is intended.

The "Not Good Before" date is the earliest the check can be used.

STATE OF NEW YORK DEPARTMENT OF HEALTH WIC PROGRAM	
PARTICIPANT	30116573 - Wright, Mom
AGENCY	301 - Test Agency 301
FOR THESE ITEMS ONLY - REFER TO WIC ACCEPTABLE FOOD CARD	
1 11.5-12 Ounce Concentrate WIC Juice 1 Dozen Eggs 2 Gallons Nonfat or 1% LowFat Milk	
PAY TO: VOID	
CHECK NOT VALID UNLESS STAMPED ABOVE BY NYS AUTHORIZED WIC VENDOR AND DEPOSITED BY 06/25/2015	
NOT GOOD BEFORE	NOT GOOD AFTER
04/26/2015	05/25/2015
3015006597	
PAY EXACTLY	
\$.	
KeyBank, Albany, NY	
29-70 213	
15076	
THE BACK OF THIS CHECK CONTAINS A SECURITY MARK. DO NOT ACCEPT WITHOUT HOLDING AT AN ANGLE TO VERIFY SECURITY MARK. IMPROPER USE OF THIS CHECK IS SUBJECT TO STATE AND FEDERAL PROSECUTION.	
SIGNATURE OF PARTICIPANT AT REDEMPTION MUST MATCH SIGNATURE ON WIC I.D. CARD NOT NEGOTIABLE UNLESS SIGNED AND DATED.	
DATE: / /	

The "Not Good After" date is the latest date the check can be used.

The "Pay Exactly" Box is where the vendor enters the total purchase price for the items on the check.

The foods the participant must buy with this check. Use NYS WIC Acceptable Foods Card to verify correct foods.

Line where the participant or proxy signs in BLUE OR BLACK INK AFTER the correct dollar amount has been entered in the "Pay Exactly" box.

Line where the participant or proxy writes in date in BLUE OR BLACK INK; using the same format as the dates in the *Not Good Before/Not Good After* boxes, AFTER the correct dollar amount has been entered in the "Pay Exactly" box.

Using Your WIC Checks at the Store



- Use the “NYS Acceptable Foods Card”
- Look for sale or store products
- Use coupons/store cards
- Take advantage of: Buy one get one free, as long as the first item is WIC approved, the second item does not have to be.
- Ask the clerk for help if you have any questions
- Separate WIC foods from your other groceries
- Put the foods for each check into separate groups
- Present your WIC checks and ID card to the cashier before they start your order
- Cashier will ring up the total cost of each check and fill in “Pay Exactly” box
- **Sign and date check only after total amount is complete by the cashier**
- Also be sure when signing your check that, your signature and date does not cross into the “Pay Exactly” box. Stay under and on the line.

Where to use WIC checks



➤ **Binghamton**

- Price Chopper 33 Chenango Bridge Rd
- Price Chopper 10 Glenwood Ave
- Weis Market 307 Conklin Ave
- Weis Market 1290 Front St
- Weis Market 160 Robinson St
- Weis Market 50 Pennsylvania Ave

➤ **Johnson City**

- Walmart 2 Gannet Drive
- Wegman's 650 Harry L Drive

➤ **Deposit:** Deposit Big M 156 Front St

➤ **Kirkwood:** Schneider's Market 5 Mile Point Plaza

➤ **Windsor:** Windsor Big M PO Box 308, 500 Chapel St

Where to Use your WIC Checks



➤ **Endicott**

- Price Chopper 911 North St
- Weis Market 1109 Main Highway

➤ **Vestal**

- Target 3112 Vestal Parkway East
- Walmart 2405 Vestal Parkway East
- Weis Market 925 Main St
- Weis Market 100 Rano Blvd

➤ **Endwell:** Weis Market 800 Hooper Rd

➤ **Whitney Point:** Gregg's Market Place PO Box 330, Rt 11

Dairy

- ✓ Fluid, Evaporated, or Dry Milk
- ✓ Purchase exact amount and type on check
- ✓ 1% or skim milk for all women & children over the age of 2
- ✓ Whole milk only for children 1-2 years old

Not allowed:

- Chocolate Milk
- Other Flavored Milk
- Organic
- Buttermilk
- Added calcium



Cheese

(Cheese is an optional item on your checks, if you choose cheese it will take away 3 quarts from your milk amount)

You may purchase:

- ✓ Monterey Jack
- ✓ Colby (Longhorn)
- ✓ Natural Cheddar
- ✓ Mozzarella
- ✓ Pasteurized Processed American
- ✓ American is the only kind you can get through the deli (except for Land-O-Lakes cheese)
- ✓ Block, sliced, and low fat are allowed

You may NOT purchase:

- Cheese Food
- Cheese Spread
- Grated or Shredded Cheese
- Imported Cheeses
- Individually wrapped slices



Juice

- ✓ Must be 100% juice
- ✓ You have a choice of either:

- Plastic Bottle
- Frozen Concentrate
- Shelf Concentrate
- Refrigerated Paper Cartons

- ✓ Refer to your Acceptable Food Card for specific brands



You may NOT purchase:

- Drink Aides
- Nectars
- Punches
- Hi-C
- Caprisun
- Twisters
- More Pulp
- Cartons



Fresh, Frozen, or Canned Fruits and Vegetables Check

- ✓ These checks should be cashed at participating WIC grocery store.
- ✓ The check looks like a regular check!
- ✓ This is the only check that if you go over the cost of the check you may pay the difference!
- ✓ You are allowed to buy any combination of allowable fresh, frozen or canned Vegetables and/or Fruits

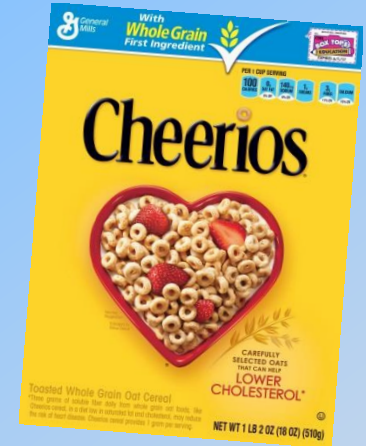


You may NOT purchase:

- Nuts (including peanuts)
- Hash browns
- Other shaped potatoes
- Vegetables mixed with pasta or rice
- Items from a salad bar
- French fries
- Tater tots
- Vegetables with sauces

Cereal

- Adult/Child
 - Starting with a 12oz box or larger (get as close to 36oz as possible)
 - Cold or hot
 - Refer to your food card for specific brands
- Infant Cereal
 - Begins at 6 months of age
 - Gerber 8 oz or 16oz box
 - Plain cereal without fruit or formula
 - Rice, Oatmeal, Barley, Mixed, Whole Wheat



100% Whole Grain Products

- Whole Wheat Bread
 - 1 pound (16oz) loaf
 - Refer to your food card
- Whole Wheat Pasta
 - 16 oz containers
 - Any brand is acceptable
- Whole Grain Tortillas
 - 14 to 16 ounce
 - Refer to your food card
- Brown Rice
 - 14-16 oz or 28-32oz
 - Any brand in boxes or bags
 - Instant, quick, or regular



Beans and Peas

- Dry: Any brand, 1 pound bag of mature beans, peas, and lentils
- Canned: Any brand, 15-16 ounce can of mature beans, peas, or lentils



You may NOT purchase:

- baked beans
- pork and beans
- canned beans containing added sugars, fats, meat or oils.
- Immature beans (green beans, green peas, snap peas, orange beans, wax beans)



Peanut Butter & Eggs

- **Peanut Butter** is allowed to be crunchy, chunky, creamy, smooth, natural, and reduced fat.

You may NOT purchase:

- Peanut spread
- Peanut butter mixed with jelly, marshmallow, chocolate, or honey
- Organic peanut butter
- Peanut butter with added vitamins and minerals , or other added ingredients

- **Eggs** can be medium or large & white or brown

You may NOT purchase:

- Jumbo and extra-large eggs
- Specialty eggs like organic, free range, reduced cholesterol



Breastfeeding

WIC encourages women
to breastfeed their
babies because
breastfeeding is the
BEST!!!!



Peer counselors are women previously enrolled in WIC who have breastfed that are available at the WIC and by phone from **8am to 10pm everyday at (607)-778-3904** to assist you with breastfeeding.

Fully breastfeeding mothers can be on the program for up to one year as long as their infant is breastfeeding.



Enhanced package for exclusively breastfeeding mothers

- 28 quarts of milk
- Up to 36 oz of cereal
- 2 dozen eggs
- 144 oz of juice
- 1 pound of dried peas/beans or
 - 16-18 oz Peanut butter
- 30 oz of canned fish
- 1 extra can of juice
- 1 extra pound of dried peas/beans
- 1 extra pound of cheese
- 16 oz of whole grain products
- \$10 fruit and vegetable check

Mothers who are not breastfeeding

(checks for mom end when the baby turns 6 months)

- 16 quarts of milk
- Up to 36 oz of cereal
- 1 dozen eggs
- 96 oz of juice
- 1 pound of dried peas/beans
- \$8 fruit and vegetable check

WIC Participants are Encouraged to:



- Buy only foods specified on your WIC checks and the NYS Acceptable Foods Card.
- Encourage anyone you think needs WIC to apply online at www.wicstrong.com or by calling (607)-778-2881.
- If you cannot make your regular appointment, please call us to reschedule.
- We will give you a reminder sheet for your next appointment when you leave and will try to remind you before your next appointment.

A WIC Reminder



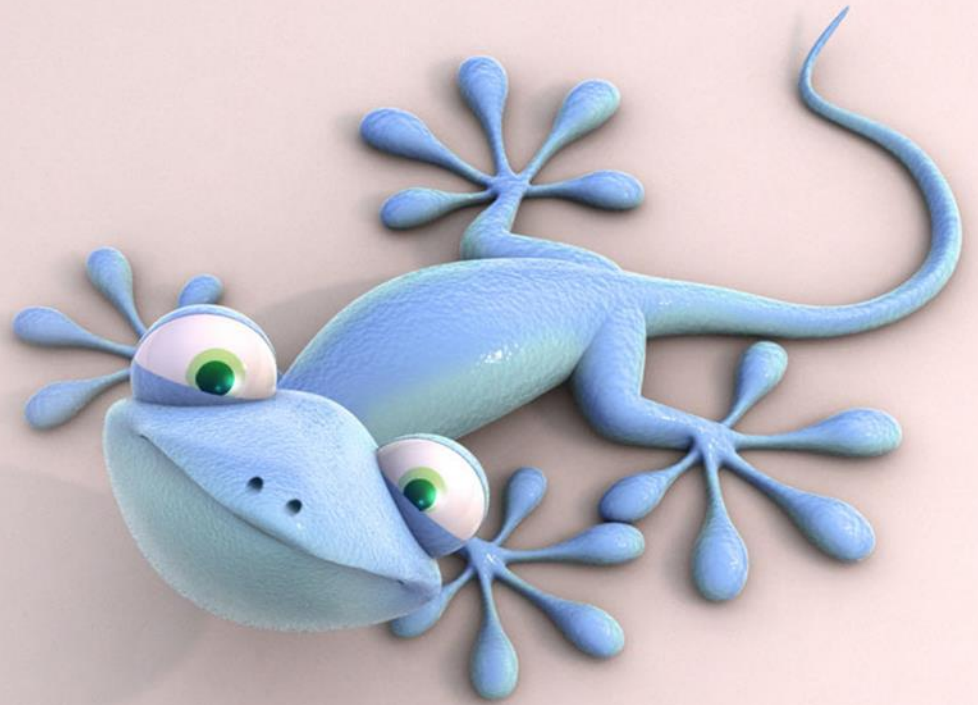
WIC is a service designed to **ASSIST** your nutritional expenses.

Please be aware that your WIC package is **not intended** to meet all of your needs.

If you need additional assistance with food, please ask the WIC staff to refer you to other food services.



If you have any
further questions
please feel free to
ask any staff
person.



THANK YOU!
AND
WELCOME TO WIC!!!

