

# FREQUENTLY ASKED QUESTIONS

## WIC

### benefitsSF

#### WHAT IS WIC?

WIC provides:

- Nutrition Education
- Breastfeeding support and education
- Supplemental Foods
- Referral to health care and community services

#### 2. WHAT POPULATION DO YOU SERVE?

WIC serves:

- Women who are pregnant, breastfeeding, or just had a baby.
- Children under 5 years of age (including foster children).
- Families with a low to medium income. Working families may qualify. WIC income guidelines available at: <http://www.sfdph.org/dph/comupg/oprograms/PHP/WIC/WIC.asp>
- Families who live or work in San Francisco.

#### 3. ARE ALL WIC SERVICES FREE?

WIC services are free of charge.

#### 4. WILL RECEIVING WIC MAKE IT HARDER TO GET A GREEN CARD OR BECOME A US CITIZEN?

No. Receipt of WIC benefits does not have any effect on an individual's application for immigration or citizenship. Unlike receiving cash assistance, receiving WIC does not make an immigrant a "public charge." The immigrant will not be denied entry to the country, denied lawful permanent residence or a "green card" because he or she receives WIC.

#### 5. HOW DO I ENROLL IN WIC?

If you are interested in participating in WIC, please call a WIC clinic to schedule an appointment. You will be asked to bring all of the following to your appointment:

- Identification (can be one of the following: Picture ID Card, Medi-Cal Card, Food Stamps Card, Driver's License, Birth Verification, or any insurance card, or passport).
- Proof of Address (can be one of the following: recent postmarked envelope, any bill- PG&E or telephone, Driver's License with current address or anything that describes where you live).
- Proof of Income (can be one of the following: recent check stub, TANF/Calworks statement, note from the employer, Medi-Cal Card, disability or unemployment letter).
- Presence at Certification – Parent or guardian bring your infant/child. If you do not bring your child with you to the appointment, you may be rescheduled.
- WIC Referral Form completed by your clinic or doctor's office. Your appointment with the WIC office should take place within 60 days of the date the WIC Referral Form was signed by your clinic/doctor.
- Immunization Record (yellow card) of your child.

#### 6. WHICH LANGUAGES ARE AVAILABLE AT WHICH OF THE 5 CLINICS?

Most clinics have capability for English, Spanish, Cantonese, Mandarin, Vietnamese, Cambodian, and Laotian. When a person calls for an appointment they need to tell WIC staff which language they prefer to communicate in.

## **7. IS A TDD PHONE LINE AVAILABLE FOR WIC SERVICES?**

Yes.

## **8. CAN A MOTHER AND HER CHILDREN BE RECEIVING WIC AND FOOD STAMPS AT THE SAME TIME?**

Yes.

## **9. WHAT FOODS ARE CURRENTLY AVAILABLE THROUGH WIC?**

- milk (lactose free milk/acidophilus milk available)
- cereal and infant cereal
- eggs
- peanut butter
- cheese
- beans
- canned tuna (only for exclusively breastfeeding women)
- carrots (only for exclusively breastfeeding women)
- juice
- infant formula

## **10. DOES THE “NUTRITION EDUCATION” THAT WIC OFFERS COME IN THE FORM OF GROUP CLASSES OR WORKSHOPS, OR ONE-ON-ONE COUNSELING?**

Each participant or parent/guardian of participant receives one-to-one counseling at least once every six months and attends group classes one to two times every six months. Depending on risk factors, the person can also be scheduled to see a Registered Dietitian on a more frequent basis.

## **11. CAN WIC ENROLEES HAVE PRIVATE ONE-ON-ONE APPOINTMENTS WITH THE BREASTFEEDING SPECIALIST?**

If the person requests it, or if the person is having difficulty with breastfeeding. The participant also receives breastfeeding education during the pregnancy.

**For more information:  
(415) 575-5788**