In order to be eligible for WIC you must be at “nutritional risk,” which is determined by a health professional such as a physician, nutritionist, or nurse, and is based on Federal guidelines. This health screening is free to program applicants and is part of your first WIC visit. You also have to provide proof of eligibility for the program by showing some of the items listed below (each state has different requirements for documentation so please see the following link for information about your state’s requirements: fns.usda.gov/contacts?f[0]=program%3A32).

What do I need to bring to my first WIC visit?

• Your child
• Proof of identity for you (driver’s license, photo ID card, passport, or student ID)
• Proof of identity for your child (birth certificate, crib card, or passport)
• Proof of identity for your infant (birth certificate, crib card, or discharge paperwork)
• Proof of all sources of income for everyone living in the household (e.g., pay stubs for the last 30 days, unemployment letter, child support, income tax return for self-employed persons only)
• Documentation of other benefits you/your family receives, such as Medicaid, TANF or SNAP, if you are receiving these benefits
• Documentation of where you live (a document with your name and current address such as driver’s license, utility bill, or other recent mail)
• Immunization record your infant(s) and/or children
• Proof of pregnancy stating due date (if applicable)

What happens at my first WIC appointment?

• You or your child will undergo a simple health screening to determine nutritional risk
• You will receive nutrition education
• You may be provided with a WIC EBT (electronic) card to take to the grocery store to buy nutritious foods
• You will be asked to return to the WIC center every 2 to 3 months