

### **3. What does it mean to "qualify nutritionally"?**

Examples include, but are not limited to – anemia, obesity, growth failure, Infants born prematurely or born with other high-risk health problems, inadequate or too much weight gain in pregnancy, current or history of a high-risk pregnancy, nutritionally inadequate diet (low in specific vitamins and/or minerals, high in non-nutritious foods, low in daily servings of fruits and vegetables, etc.), breastfeeding problems, diabetes, and many other health and medical conditions that have an impact of nutritional health.

After applicants are determined income eligible, they are screened by a health or nutrition professional. This will include measurement of height and weight, a simple blood test for anemia, a dietary assessment, and a medical history. There are no costs for the screening. Eligibility lasts anywhere from 6 to 12 months, depending on the age of the participant.

### **4. What foods do WIC participants receive?**

WIC participants are given vouchers that allow them to purchase specific foods each month at a nearby grocery store. The foods are high in protein, calcium, iron, and vitamins A and C, and folic acid.

WIC foods include routine infant formulas (and also specialty formulas for infants with high-risk medical conditions), infant cereal, iron-fortified adult cereal, fruit or vegetable juice, eggs, milk, cheese, and peanut butter or dried beans or peas.

### **5. What is the WIC Farmers Market Nutrition Program?**

Some WIC clinics also provide vouchers for clients to shop at farmer's markets to buy fresh vegetables and fruits – usually during the spring and summer months. This service is not available statewide, due to limited funding.

### **6. Who do people call for WIC Information in Texas?**

Call this toll free number 1-800-942-3678 or 1-800-WIC-FOR-U