

## What does WIC provide?

- Food Benefits – nutritious foods that support a healthy pregnancy and/or infant-child growth and development
- Nutrition education and individualized nutrition counseling
- Breastfeeding support
- Referrals to community resources

## How do I apply?

To apply for WIC, you can call our office at NMH at 580-938-5538 to schedule an appointment or drop by and pick up application paperwork.

## What do I need to bring to the appointment?

1. Please bring proof of residency. Examples include a utility bill, a postmarked piece of mail addressed to you at your address, your lease or a rent receipt from your landlord, a bank statement, bank book or checkbook.
2. Please bring proof of identity for everyone who will be on the WIC program. Examples include driver's license, birth certificate or social security card.
3. Please bring proof of total household income to verify that it is within program guidelines. An example includes two check stubs within the last 30 days.

If you are currently receiving TANF (Temporary Assistance for Needy Families), food stamps (SNAP) or are enrolled in Medicaid, you are automatically income eligible. Please bring a current letter stating that you are approved and/or enrolled.

## How does WIC impact families?

Women on WIC eat better, have healthier babies and receive earlier prenatal care. This helps produce positive prenatal and birth outcomes.

Infants born to WIC mothers weigh more and are more likely to achieve their growth and developmental milestones.

Children on WIC eat foods with more iron and vitamin C, helping them to develop strong minds and bodies. They have better access to community resources, are more likely to have regular medical care and are more likely to receive their immunization.