What is WIC?

New Jersey WIC Services provides supplemental nutritious foods to pregnant, breastfeeding and postpartum women, infants and children up to the age of five.

WIC services include nutrition education and counseling, breastfeeding promotion and support, immunization screening and health care referrals.

Enrollment is open to all eligible applicants.

How Can WIC Help Me?

WIC is an income-based nutrition program for pregnant women and women who recently had a baby, infants, and children up to the age of five. WIC offers:

- nutrition education
- breastfeeding education and support
- checks for free nutritious food
- health care referrals
- voter registration

Eligibility Requirements

If you are:

- Pregnant (up to six weeks after delivery)
- Postpartum (up to six months after delivery)
- Breastfeeding (up to one year if still breastfeeding)
- An infant or a child under five years old

And:

- Have a nutrition or medically related health risk
- Live in New Jersey (proof of residency required)
- Meet income guidelines (proof of income required)

How Do I Apply?

Please call the WIC office at 609-498-7755 for an appointment. Follow the instructions inside this brochure when planning for your appointment.

Special Supplemental Nutrition Program for Women, Infants, and Children

Licensed Adoption Agency in New Jersey and Pennsylvania

The provision of services and referrals of clients are made without regard to race, color, religious creed, disability, ancestry, national origin (including limited English proficiency), age or sex.

The Children’s Home Society
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(609) 695-4274 ♥ Fax (609) 394-5769
www.chsofnj.org
www.facebook.com/CHSofNJ

Mercer County WIC Program

Founded in 1894, The Children’s Home Society of New Jersey is a nonsectarian, non-for-profit private agency that promotes the welfare of infants, children, adolescents and parents throughout New Jersey and Bucks County, Pennsylvania. As a comprehensive counseling, placement, parenting education and child care agency, CHSofNJ touches the lives of 41,000 children and families each year.

Mission

We save children’s lives and build healthy families.

Values

We value services that work, that are all evaluated, and that help children and parents to help themselves. Our services are delivered with dignity, cultural sensitivity and respect for our clients.

Vision

Every child is in a safe, caring, and permanent family.

All children and parents have the skills and knowledge they need to help themselves long after our active case involvement ends.

Major Service Areas

- Child Welfare/Permanency
- Clinical/Mental Health
- Early Childhood and Parenting Education
- Maternal/Child Health, Family & Community
- School Based
- Kinship
Expired checks are not replaced!

Types. NOTE: Spend each check within its valid dates.

Each check tells you exactly what size and type of food to buy with that check. You can not choose different sizes or types. NOTE: Spend each check within its valid dates. Expired checks are not replaced!

What Is A Certification Period?
A certification period is the time when you are eligible to receive WIC benefits. When your certification period ends, you will need to recertify. For recertification appointments, refer to “What Must I Bring to My Appointment?” above.

What Foods Can I Buy With my WIC checks?
Your Authorized Foods List names all the types, sizes and brands of WIC foods we allow. Notice that it lists specific juices, cheeses, and cereals. These are the only ones allowed.

Each check tells you exactly what size and type of food to buy with that check. You can not choose different sizes or types. NOTE: Spend each check within its valid dates. Expired checks are not replaced!

What if I Lose My Checks or ID?
Lost checks are not replaced, so please keep them in a safe and secure place. Call the WIC office to report a lost or damaged ID or stolen checks. Stolen checks may be replaced if you provide a police report. WIC ID folders can always be replaced if you bring in a proof of ID.

What if I Move?
Call WIC immediately. If you move within the area, please let us know your new address. If you leave New Jersey, we can arrange to transfer you to another WIC program.

What Should I Feed my Baby?
WIC encourages women to breastfeed their babies for the best infant nutrition and a healthy start. Our Breastfeeding staff is here to help!

If you choose to formula feed, WIC provides only iron-fortified formula until your baby is 1 year old. WIC is a supplemental program, and does not provide all of the food you will need for the entire month.

Your WIC checks will allow you to buy only the brands approved by the State WIC Office. You cannot exchange WIC approved formula for another brand at the store.

What is an Alternative Authorized Representative/Proxy?
If the Authorized Representative signs a form designating an Alternate Authorized Representative, the other parent or a legal guardian may represent an infant or child at a recertification. An Alternate must be at least 18. This Alternate can serve as a Proxy too. If the Authorized Representative wants only a Proxy, they can choose anyone over the age of 16 just to pick up checks or cash them at the store. Ask the WIC representative about choosing an Alternate Authorized Representative or a Proxy. An Alternate and a Proxy must know what foods are allowed and how to cash the checks.

What Other Help is Available?
Ask any WIC staff member for a list of local programs that may help you (daycares, SNAP, Medicaid, food pantries, utility assistance programs, shelters, etc).

When Will WIC Benefits Stop?
Eligibility will end if:
- your child reaches 5 years of age
- you stop breastfeeding and your baby is 6 mo. or older
- your family income exceeds WIC limits
- you do not recertify after your eligibility period expires

You may be disqualified (terminated) if you:
- enroll in more than one WIC program or clinic at the same time, including those in PA, NY, or DE
- give false information about your income, family size, residence, etc.
- steal WIC checks
- physically or verbally abuse or threaten WIC staff or a store employee
- use WIC checks to buy foods that are not authorized
- sell WIC checks or WIC food to others
- take cash or credit for WIC checks instead of buying authorized foods
- spend or try to spend checks reported as lost or stolen;
- make changes to your checks, like alter the date or food amount
- exchange WIC formula or food for other brands
- spend checks before or after the dates listed on them
- let someone other than your Proxy or Alternate Authorized Representative use your checks or WIC ID
- spend your checks at a store that is not authorized to cash your checks

These actions can result in either a warning letter or disqualification. If you are disqualified, you will not be allowed to reapply until the disqualification period expires. You may have to pay back benefits you were not supposed to receive.

If I Lose My Benefits, Can I Appeal?
If you are denied benefits or are disqualified, you may ask for a Fair Hearing within 60 days of notification. You or your representative may call, write, or visit the WIC office to request a Fair Hearing.