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

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
- Postpartum (up to six months after delivery)
- Breastfeeding (up to one year if still breastfeeding)
- An infant or a child up to five years of age (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.

SNAP and FDPIR State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7944; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.
What Must I Bring to My Appointment?
For your first appointment and recertification appointments, please bring all of the following:
- every woman, infant, or child applying for WIC
- your Medicaid or Families First cards, if applicable
- proof of household income no more than 30 days old (includes paystubs, unemployment, Social Security; disability, child support, alimony, etc.)
- proof of address in your name, no more than 30 days old (a letter mailed to you, a utility bill, your lease, etc.)
- proof of identity for each person who is applying for WIC (WIC ID folder, driver’s license, crib card, social security card, or birth certificate)
- your children’s immunization records

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 you can buy. Note that it lists specific juices, cheeses, cereals, fruits & vegetables. 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
- sell WIC checks or WIC food to others
- physically or verbally abuse or threaten WIC staff or a store employee
- use WIC checks to buy foods that are not authorized
- 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 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.