# SAN YSIDRO HEALTH WIC

## Women, Infants & Children

CALIFORNIA WIC
WOMEN, INFANTS & CHILDREN

SAN YSIDRO HEALTH

# What is WIC?
# Women, Infants & Children

- Special Supplemental Nutrition Program **for low income women, infants and children (WIC)**. WIC provides federal grants to states for supplemental foods, health care referrals, and nutrition education.
- WIC is a short-term intervention program designed to influence lifetime nutrition and health behaviors in a targeted, high-risk population.
- WIC was established as a permanent Program by Legislation in 1975 and is administered through the United States Department of Agriculture (USDA).
- WIC is nationwide and includes some international locations.
  - 50 US States
  - 34 Indian Tribal Organizations
  - American Samoa
  - District of Columbia
  - Guam
  - Commonwealth of Northern Mariana Islands
  - Puerto Rico
  - Virgin Islands

# Who can apply for WIC?

- **Women**
  - Pregnant and postpartum
- **Infants and Children**
  - Up to age 5
- **Fathers** with an infant or child up to age 5
- **Grandparents** caring for an infant or child up to age 5
- **Foster Parents** caring for an infant or child up to age 5

# What determines eligibility?

- **Must be within a category we serve**
  - Pregnant and postpartum women, infants and children under age 5
- **Provide proof of residency in the same state you are receiving WIC**
  - California
- **Meet WIC Income Guideline**(new participants must present proof of income)
  - Those currently receiving Medi-Cal, CalFresh and CalWorks are adjunctively eligible
- **Present with at least one Nutritional Risk**
  - For example, diagnosed with anemia, pre-term infant, or not meeting USDA dietary guidelines
- **During Enrollment Appointment WIC will also ask for:**
  - Proof of identification, Proof of pregnancy(as needed), recent Height and Weight measurements, and recent Anemia screening

***Due to Covid-19, WIC received waivers allowing local agencies to receive required documentation, height and weight measurements, and anemia screening via email.**

# What does WIC provide?

- **Nutrition Education and Counseling**
  - Group Education
  - Individual Education and Counseling
  - Online Education (wichealth.org)
  - Educational Handouts in a variety of languages
- **Breastfeeding Promotion and Support**
  - Staffed with Lactation Educator Counselors (LEC) and a International Board Certified Lactation Consultant (IBCLC)
  - Electric Breast Pumps and other lactation supplies
- **Community Resources and Referrals**
- **Healthy and Nutritious Foods**

***Due to COVID-19, all appointments are being conducted over the phone until further guidance is provided from State WIC. Phone, email, and Teletask are used to communicate with participants daily.**

# What foods can you purchase with WIC?

- Cow's Milk or Soy Milk
- Cheese or Tofu
- Yogurt
- Eggs
- Peanut Butter and Beans
- Whole Grains and Cereal
- Fruits and Vegetables
- Yogurt
- Juice
- Infant Formula
- Jarred Baby Food
- Baby Cereal

***Breastfeeding Women are provided the largest food package amongst all categories.***

# What does the San Ysidro Health WIC program offer?

- **7-Registered Dietitians** (RD's) certified through the Commission on Dietetic Registration (CDR)
- **7-Degreed Nutritionists** maintaining a Bachelor's or Master's Degree
- **17 Lactation Educator Counselors** (LEC) and **1 International Board Certified Lactation Consultant** (IBCLC)
- **Friendly and Helpful Support Staff**
- **Languages Spoken:** Spanish, Tagalog, Portuguese and Chinese
- **Onsite Height and Weight Measurements as well as Anemia Screening**
- **Diaper Distribution**
  - For those in need

***Pre-COVID-19 On-site Offerings**

- **Summer Lunch Program Sites**
  - WIC Chula Vista, WIC MCHC and WIC National City locations
- **Cooking Demos and Nutrition Education Related Celebrations**
- **San Ysidro Health Referral Staff and Dental Services**

# Where can you find us?

- **WIC Chula Vista**
  - 1655 Broadway, Ste. 18, Chula Vista, CA 91911
- **WIC National City**
  - 1420 E. Plaza Boulevard, Ste. B4, National City, CA 91950
- **WIC Imperial Beach**
  - 886 Palm Ave. Imperial Beach, CA 91932
- **WIC San Ysidro**
  - 4494 Camino de la Plaza, San Ysidro, CA 92173
- **San Ysidro Health Maternal and Child Health Center (MCHC)**
  - 4050 Beyer Boulevard, 3rd Floor, San Ysidro, CA 92173

**Phone Contact:** 1-888-942-7942

**Email Contact:** wic@syhealth.org

# Who should you contact?

**Today's Presenter:**

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# QUESTIONS?

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