

WIC

At - A - Glance

WIC gives access to healthy food, nutrition education and breastfeeding support. If you're pregnant, a caregiver, or a mom with a child under 5, you can get the right personalized support for you and your family.



Nutrition Education

- Shopping guidance
- Prenatal nutrition tips
- Kid-friendly recipes
- Personalized nutrition counseling

Breastfeeding Support



- Support and education
- Peer counseling
- Lactation support
- Classes and information

- Fresh fruits & vegetables
- Milk, cheese & more
- Cereal & other grains
- Peanut butter, beans & More



Healthy Food Options

- Social services
- Substance abuse
- Health screenings
- Immunization services

Referrals & Resources



This institution is an equal opportunity provider.

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WIC clinics statewide are now issuing eWIC cards to WIC families. WIC participants use their eWIC card like a debit card to purchase WIC approved foods at authorized WIC grocery stores.

Is Virginia WIC For Me?

Must Be:

- A Virginia resident
- A pregnant woman, breastfeeding woman, or the parent of a child aged birth to five years old
- Household income eligible (*Ex. family of four can earn \$45,510 or less yearly or \$3,793 or less monthly*)
- Assessed as having a nutritional risk

EBT Benefits:

- Electronic payment system
- Each WIC family gets one eWIC card
- Family's food benefits are added together
- Food benefits are kept in a special family account

Next Steps

Contact Virginia WIC @
1-877-TELL-WIC (835-5942)
to connect to a local clinic, check eligibility,
and set up an appointment

Building for the Future

This day care facility participates in the Child and Adult Care Food Program (CACFP), a Federal Child Nutrition (CN) Program that provides healthy meals and snacks to children receiving care.

Each day more than 2.6 million children participate in CACFP at day care homes and centers across the country. Providers are reimbursed for serving nutritious meals which meet USDA requirements. The program plays a vital role in improving the quality of day care and making it more affordable for low-income families.

Meals CACFP homes and centers follow meal requirements established by the USDA.

| Breakfast | Lunch or Supper | Snacks (two of the five items) |
|--|---|---|
| Milk Fruit or Vegetable Grains or Bread Meat/Meat Alternate (to replace grain up to 3 times per week) | Milk Meat or meat alternate Grains or bread Fruit Vegetable | Milk Meat or meat alternate Grains or bread Fruit Vegetable |

Participating Facilities

Many different homes and centers operate CACFP and share the common goal of bringing nutritious meals and snacks to participants. Participating facilities include:

- ✓ **Child Care Centers:** Licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers
- ✓ **Family Day Care Homes:** Licensed or approved private homes
- ✓ **At-Risk Afterschool Care Programs:** Centers in low-income areas provide free snacks and meals to school-age children and youth
- ✓ **Homeless Shelters:** Emergency shelters provide food services to homeless children

Eligibility State agencies reimburse facilities that offer non-residential day care to the following children:

- ✓ Children age 12 and under,
- ✓ Migrant children age 15 and younger, and
- ✓ Youths through age 18 in afterschool care programs in needy areas

Contact Information

If you have question about the CACFP, please contact your

Center/Sponsoring Organization:

or

State Administering Agency:

The Children's Center

 Organization Name
 700 Campbell Ave

 Address
 Franklin VA 23851

 City State Zip Code
 Phone Number: (757) 562 - 6806

Special Nutrition Programs: CACFP
 Virginia Department of Health
 Division of Community Nutrition
 109 Governor Street 8th Floor
 Richmond, VA 23219

Help Desk: 1-877-618-7282

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