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.



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

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



Healthy Food Options Breastfeeding Support

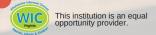


Support and education
Peer counseling
Lactation support
Classes and information

Social services
Substance abuse
Health screenings
Immunization services

Referrals & Resources





WIC_{At-A-Glance}

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	Milk	Milk
Fruit or Vegetable	Meat or meat alternate	Meat or meat alternate
Grains or Bread	Grains or bread	Grains or bread
Meat/Meat Alternate (to	Fruit	Fruit
replace grain up to 3 times per	Vegetable	Vegetable
week)		

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			Special Nutrition Programs: CACFP Virginia Department of Health
Address Franklin	VA	23851	Division of Community Nutrition 109 Governor Street 8 th Floor
City	State	Zip Code	Richmond, VA 23219
Phone Number: (7	757 ₎ 562	_ 6806	Help Desk: 1-877-618-7282

This institution is an equal opportunity provider.