

COVID 19: WHAT TO KNOW ABOUT WIC

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WIC provides nutrition education (such as food safety and healthy choices), referrals to needed services and supplemental foods for pregnant women, post-partum and breast-feeding women, infants and children under age 5 who are at nutritional risk. The income limit is 185% FPL (\$31,894 for a family of 2). Women and children enrolled in Medicaid and SNAP are deemed to have income within the limit. People are eligible regardless of immigration status. The one-time \$1,200 federal stimulus payment does not count as income.

During the COVID-19 emergency, WIC sites are not seeing clients face-to-face in the clinics and are continuing to provide services by phone contact.

If You Already Receive WIC

- Your local WIC clinic will mail you your checks after confirming your address. If you are due to pick up a check or any follow-up, you will receive a call from your clinic and the appointment will be completed over the phone. Then the checks will be printed and mailed.
- If you have not been contacted, you should call your clinic or the RI Department of Health (DOH) information line at 401-222-5960 or send an e-mail to health.ri.gov/wic.
- If you live in the East Bay area, you will receive your WIC food benefit on your eWIC card or be issued a card with the food prescriptions added. Instructions for the card will be included. Remember to use the eWIC card first, before your SNAP EBT card. You do not need to separate your items at the cashier.

If You Need to Apply For WIC

- Call your local WIC site, if you know the number, or look on-line, health.ri.gov/wic, to find the site near you.
- If you are unable to get through at the local site, please call 401-222-5960 and a WIC staff member will assist you in making an appointment.

Food Items: You may be able to substitute some food items so you can purchase the foods you need. DOH tells the grocery stores what substitutions are allowed. Currently the substitutions and new items are allowed as listed below. Your WIC provider will tell you about future changes.

Dairy

- Two half gallons of milk for one gallon
- Two quarts of milk for a half gallon
- Four quarts of milk for one gallon
- 2% milk has been added to help those who cannot find whole, 1% or fat free milk
- Yogurt (32 ounces) containers can now substitute smaller container sizes
- Two half dozen cartons of eggs for one carton
- Two 8 oz packages of cheese for a 16 oz package

Whole Grains and Beans

- Whole grain for another whole grain – whole wheat pasta or brown rice for bread/tortillas and vice versa
- Whole grain size packaging now allowed 14 to 24-ounce sizes if 16 ounces is not available
- Any whole wheat/grain bread is allowed
- Boil in the bag brown rice is allowed
- Dry beans for canned beans and vice versa

For more information about benefits available during the COVID-19 crisis, visit www.economicprogressri.org/covid19