

WELCOME TO **WIC**

# WHAT YOU NEED TO KNOW

## Shopping Tips and Reminders

### Before you shop:

Look for the **WIC** logo to know where to shop. A list of all the stores that accept **WIC** is available at [wic.ga.gov](http://wic.ga.gov). Pay attention to the "First Day to Use" and "Last Day to Use" dates on your **WIC** checks. Stores can only accept checks within the date range listed. Bring your **WIC** Identification (ID) Folder, **WIC** checks, and **WIC** Approved Foods List to the store.

### While you shop:

Use your **WIC** checks and the **WIC** Approved Foods List to help you pick the correct amounts, brands and package sizes of **WIC** approved foods. Separate **WIC** foods in your shopping cart from other foods you are buying.

### At the check-out stand:

Tell the cashier right away that you are using **WIC** checks. Show the cashier your **WIC** ID Folder. To speed up the checkout process, separate your **WIC** foods by what is on each check. After the cashier writes in the dollar amount, sign your **WIC** checks while the cashier is watching. Never sign your **WIC** checks in advance.

### Remember...

Keep your **WIC** checks safe. Handle them like cash. **WIC** checks may not be replaced if they are lost or stolen.



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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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[wic.ga.gov](http://wic.ga.gov)

## Frequently Asked Questions:

### What happens at WIC appointments?

At your first appointment and as needed, we check to see if you and your children are eligible for WIC.

### We may ask for:

- You to bring your infant or child to the WIC office
- You to show us personal identification (ID)
- Medical forms from your doctor
- Proof of your family's income
- Proof of your address

At WIC appointments you will have the opportunity to receive nutrition education in a variety of methods including group nutrition classes and one-on-one nutrition education with a counselor. Nutrition education lessons include topics like:

- Breastfeeding for a healthy baby
- Cooking, recipes, and shopping tips
- Staying healthy and being active

For your convenience, you may also be able to complete your nutrition education online at [GAWICOnline.org](http://GAWICOnline.org). Ask your local WIC staff if you are eligible.

### What if I can't make it to my WIC appointment?

Call your local WIC office to reschedule. The phone number is on your WIC ID folder. An alternate-proxy or proxy might be able to come to your appointment for you.

An alternate-proxy is a person you choose who can:

- Bring your child for all WIC appointments
- Pick up your WIC checks
- Redeem your WIC checks at the grocery store

Your proxy must:

- Show their picture ID at the WIC office during appointments
- Have their signature on the WIC ID folder before going to the store

### What if I move out of state?

Talk to your local WIC staff about transferring your WIC benefits to another state.

### What if I have problems at the grocery store?

Talk with the store manager. If you cannot resolve the problem at the store, call the Georgia WIC Program at 800-228-9173 Monday-Friday, 8:00am – 5:00pm

### What if I lose my WIC checks?

If your WIC checks are lost or stolen, it's possible that they may not be replaced. Talk to your local WIC staff about options that may include replacing vouchers.



### What if I lose my WIC ID folder?

- Call your local WIC clinic right away to report your lost WIC ID Folder.
- Bring your picture ID to your local WIC office to get a new WIC ID Folder.

### How do I report fraud or program abuse?

*Contact:*

Georgia WIC Program at 800-228-9173  
Monday-Friday, 8:00am-5:00pm or

USDA Office of Inspector General (OIG) at  
800-424-9121 | [DPH-ReportFraud@dph.ga.gov](mailto:DPH-ReportFraud@dph.ga.gov)

### Complaints, Questions, Compliments:

#### What if I want to know more?

*Contact:*

Your local WIC clinic at the number on the back of your WIC ID Folder or

Georgia WIC Program 800-228-9173 | Monday-Friday,  
8:00am-5:00pm

