



What to Bring to Your First WIC Appointment

Call the WIC office if you have questions or to reschedule your appointment.

During this appointment, trained WIC staff will conduct a health screening for all family members applying. This includes a finger stick blood test to check iron status (for older infants, children, and women), measuring height and weight, and asking you some questions about your health and nutrition. At the end of this appointment you will be told if you and your children are eligible for WIC services.

To save you time, before your appointment answer the questions on the application form. Please be on time or early. If you are late, your appointment may be rescheduled for another day.

Bring all of the following things to this appointment:

- **Each person who is applying for WIC.**
- **Identification for you and your children.** This can be a birth certificate, crib card for newborns, driver's license or other legal identification.
- **Proof of where you live.** This should be current (within the last 30 days) and must show the actual address where you live. Bring a letter, utility bill, driver's license or rent receipt. A post office box number is not adequate proof.
- **Immunization records for your children.**
- **If your infant or child uses diapers, bring an extra diaper.**
- **Confirmation of your pregnancy, if you are expecting.** Bring a statement from the health care provider showing your baby's due date.
- **Proof of income for your entire household.**

Bring proof of all money received in your household for the past 30 days. The local agency may choose to use income documentation which covers more than 30 days if this better reflects your household income at the time you are applying for WIC services (includes periods of unemployment such as layoffs, maternity leave or seasonal work). Do not include future income or changes in income that may happen in the future.

OR

Bring a Medical, Quest or Social Security Card if you or your children receive SNAP, Medicaid or Cash Assistance (TANF/TAFI) to help staff determine your eligibility. If you do not have a Social Security card, you can still apply for WIC. A Social Security number is not required for WIC services. These cards may be used to match SNAP and Medicaid records to verify participation in those programs to help establish income eligibility for WIC.

Examples of income proof are on the back of this page.

Call the WIC office if you have any questions about what to bring to your appointment.

Proof of Income – Below are sources of income you must declare when you apply for WIC and examples of what you can bring as proof of your income. WIC income eligibility is based on gross monthly income (income before taxes) and household size.

Source of Income	Examples of what to bring for proof of income.
Salary, wages, tips, commissions, and bonuses	<ul style="list-style-type: none"> ▪ Current pay stubs (30 days) with information about the pay time frame (for example, weekly, bi-weekly, monthly) or ▪ Signed statement from your employer indicating gross cash earnings for current time period (30 days)
Net income from self-employment	<ul style="list-style-type: none"> ▪ Income tax return for the most recent calendar year or ▪ Current accounting records for the self-employed
Regular cash contributions from persons not living in the household	<ul style="list-style-type: none"> ▪ Signed and dated letter from person contributing resources to the household
Child support payments or alimony	<ul style="list-style-type: none"> ▪ Divorce decree or ▪ Award letter or ▪ Copy of check received
Social Security benefits	<ul style="list-style-type: none"> ▪ Current check stub or ▪ Current bank statement or ▪ Award letter from Social Security stating current amount of earnings
Foster care	<ul style="list-style-type: none"> ▪ Foster child placement letter or ▪ Foster parent award letter
Student financial assistance, such as grants and scholarships. Certain grants and loans will not be counted as income.	<ul style="list-style-type: none"> ▪ Award letter or ▪ Scholarship letter
Unemployment compensation	<ul style="list-style-type: none"> ▪ Unemployment letter or notice
Active military payments	<ul style="list-style-type: none"> ▪ Recent Leave and Earnings Statement or ▪ Pay stubs, vouchers, allotments or bank statements confirming the amount of deposit
Net rental income	<ul style="list-style-type: none"> ▪ Income tax return for most recent calendar year
Dividends or interest on savings or bonds, income from estates, trusts, or investments	<ul style="list-style-type: none"> ▪ Income tax return for most recent calendar year or ▪ Current bank or account statements
Private pensions or annuities	<ul style="list-style-type: none"> ▪ Income tax return for most recent calendar year
Government civilian employee or military retirement or pensions or veteran’s payments	<ul style="list-style-type: none"> ▪ Annual statement that shows monthly amount of retirement income
Other cash income such as withdrawals from savings, investments, trust accounts and other resources that are readily available to the household	<ul style="list-style-type: none"> ▪ Current bank account statements indicating regular draws on the accounts

WIC is an equal opportunity provider and employer.