Tips to Make Your Visits Run Smoothly

Please notify us when any big changes happen in your life including:

- If your name changes
- Changes to you address or phone number
- Income
- Custody changes for children under your care who are receiving WIC benefits
- Call us if you know you will be late or won't be able to make it to your scheduled appointment.
- Keep all your receipts for WIC foods and formula for 3 months. (This only applies to WIC approved items not purchased using your WIC card).

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If you have already received a pump through your insurance, you will not be able to get another from WIC. If you are having problems with your pump, call your WIC agency, they may be able to help!

What Happens if You Break a WIC Rule?

It depends but you may have to:

- Go through education
- Be disqualified from the WIC program
- Pay back WIC benefits you have used
- Go to court

Use WIC the Right Way

If you are disqualified from the program, you and your family may miss out on the nutritious foods you need to stay healthy.

If you suspect someone is misusing their WIC benefits...

Please report any suspected fraud. You may remain anonymous if you wish. All claims are investigated.

Report WIC Fraud

https://hhs.iowa.gov/report-abuse-fraud/report/wic-fraud-abuse

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Your Rights and Responsibilities as a WIC Recipient

WIC IOWA | IOWA Health and Human Services

USDA is an equal opportunity provider, employer, and lender

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Tips to Keep Your WIC Benefits Coming

- Provide correct information about your income, name, pregnancy, where you live, and date of birth.
- Sign up to get WIC benefits from only one agency in Iowa, or from only one state. If you move, contact your local WIC program to transfer benefits. Work with WIC staff to get WIC benefits properly.
- Only buy what you need. Resist the temptation to sell, gift, exchange, or return any of your WIC benefits for cash, credit, or for other unapproved items.
- Treat WIC staff with courtesy and respect, both verbally and physically.

No one wants to be accused of fraud. If you have questions, just ask! We are happy to help.

Can I Share My WIC Benefits With My Family?

That depends.

WIC considers "family" the people who reside within your household. Your WIC benefits are for the members of your family that live within your home.

Your WIC foods should only be used by the family members who live in your household and participate in WIC.

Can I Give My Extra Baby Foods to My Friend?

No. This would be considered misusing your WIC benefits, and can lead to being disqualified from the program.

Any excess WIC foods you do not plan to use, should be returned to your local WIC agency.

What if I Don't Use All My Benefits?

You are never penalized for not using all your benefits. If you have any questions about your benefits, contact your local WIC program.

You got this!

What Services Does WIC Provide?

- Nutritious foods
- Help finding a doctor or dentist
- Referrals for health and social services
- Immunization screening and referrals
- Breast pump loans if you are breastfeeding

