

Local WIC Agency Contact Information

To find out if you or your children are eligible for WIC, contact the local WIC office above or call 1-877-597-0367 or visit <https://chfs.ky.gov/agencies/dph/dmch/nsb/Pages/wic.aspx>

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

This institution is an equal opportunity provider.

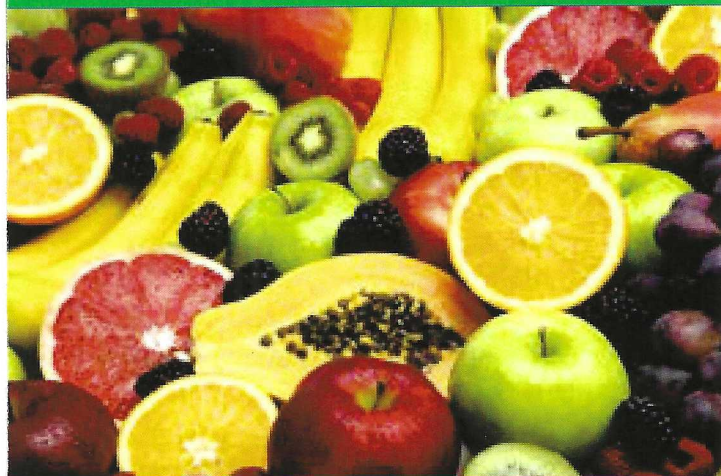


KentuckyPublicHealth
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WIC Helps



If you are pregnant, or have just had a baby, or have a child under the age of 5, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) could be able to help you.

KENTUCKY
wic
Women, Infants, & Children

WHAT IS WIC?

WIC is a Special Supplemental Food Program that provides nutrition counseling and education, supplemental foods, breastfeeding promotion and support, and referrals to health care to:

WOMEN

Pregnant, breastfeeding and postpartum

INFANTS

Newborn to 12 months

CHILDREN

Age 1 to 5 years

HOW TO APPLY FOR WIC?

Contact the WIC Program in your area or your local health department to see if you qualify. Staff will:

- Ask your identity and residence. You will be asked to show ID and proof of Kentucky residency.
- Ask your household income to see if you meet income guidelines. You will meet these if you show proof of any of the following:
 - ◆ You receive SNAP, KTAP, or Medicaid, or
 - ◆ A pregnant woman or infant in your household receives Medicaid, or
 - ◆ A member of your household receives KTAP, or
 - ◆ Have a household income equal or less than 185% of the U.S. Poverty Income Guidelines.
- Do a simple health and diet screening to see if you have a nutritional or health risk.

Need help? If you have difficulty understanding or reading English or have a disability, free language assistance or other aids and services are available upon request. If you have a disability and need assistance calling us, contact the State Relay Number at 711.

Information on WIC: 1-877-597-0367

WHAT WILL YOU RECEIVE?

HEALTHY FOODS

Foods you or your children may receive are:

- Infant formula if under age 1
- Milk and cheese
- Vitamin C-rich juices
- Iron-rich cereals
- Eggs
- Dried beans or peanut butter
- Whole grains
- Fruits and vegetables

NUTRITION EDUCATION

Nutrition education to help you choose nutritious foods to improve your and your family's health and wellness.

BREASTFEEDING SUPPORT

Breastfeeding education and support is available from health professionals, lactation specialists, and breastfeeding peer counselors.

HEALTH CARE

WIC can help you find regular health care and childhood shots, if needed.

WHY IS WIC IMPORTANT?

- Healthy foods help children grow and develop normally.
- Good nutrition helps to protect your whole family against health problems.
- WIC helps your



WIC Program Prescreening Tool at
<https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>