

RAISE

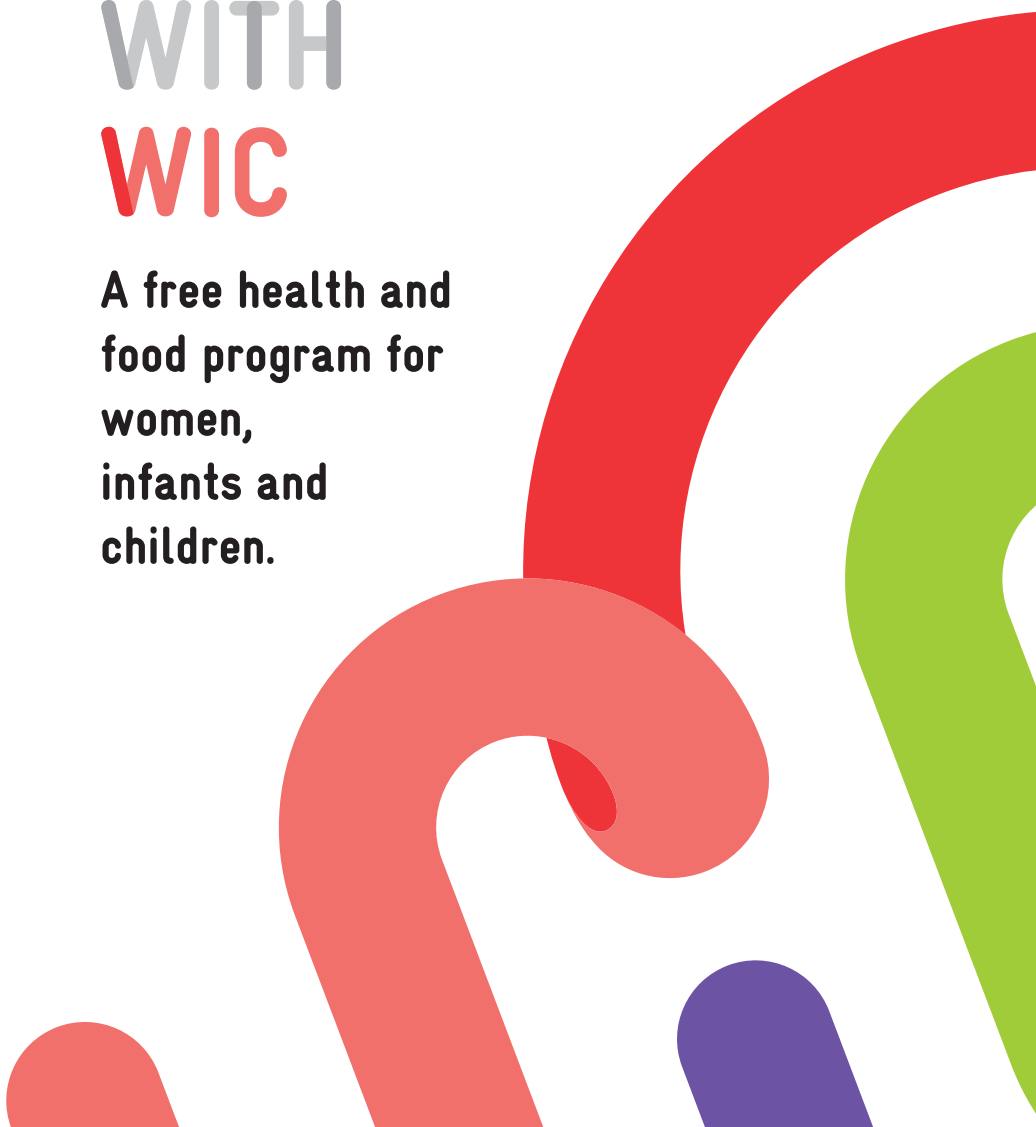
A

HEALTHY FAMILY

WITH

WIC

**A free health and
food program for
women,
infants and
children.**



What is WIC?

WIC, the Women, Infants and Children program helps pregnant women, mothers with infants and young children eat well, be active and stay healthy.

WIC offers families:

1. Nutrition and health education.

WIC will answer your questions about what to eat for a healthy pregnancy and help you plan family meals and snacks.

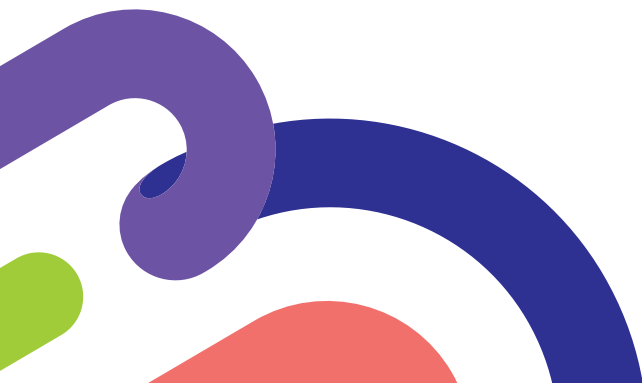
2. Education and support for moms who breastfeed.

WIC has specially trained staff to answer your breastfeeding questions. Ask for more information about our breast pump loan program.

3. Checks to buy healthy foods such as:

Milk	Peanut butter
Fruits and vegetables	Canned tuna or salmon
Juice	Whole grain breads, tortillas, or brown rice
Eggs	Baby foods
Cheese	Infant formula
Cereal	Tofu and soy milk
Dry beans or peas	

4. Help in finding health care and other community services.



You can participate in Hawaii WIC if you:

- Are pregnant, breastfeeding, or had a baby in the last 6 months, or have children under 5 years old, including those cared for by a single father, grandparents, foster parent, step-parent, and
- Live in Hawaii (includes military families, immigrants and foreign students), and
- Have a household income matching the guidelines at http://health.hawaii.gov/wic/program_details OR already receive TANF, SNAP, QUEST or Medicaid.

How to apply:

Call the WIC local agency you want to go to for an appointment. The list of local agencies is on the back of this brochure. You can also call 586-8175 (Oahu) or toll-free at 1-888-820-6425 (Neighbor Islands) for help.

For your first WIC appointment, please bring:

1. Proof of income
For example, pay stubs, leave and earnings statement (LES) or medical benefit papers.
2. Proof of Identity
For example, driver's license or state identity card.
3. Proof of Hawaii address
For example, utility bill, rent receipt, or driver's license.
4. Your baby and/or children who need WIC
5. Your baby and/or children's shot record

At the appointment, WIC staff will check height, weight, diet, and the need for a simple blood test.

Call today to apply

Many people qualify for WIC but don't know it.
Call to see if you qualify.

WIC Local Agencies

Oahu

Kalihi-Palama WIC Program	841-0011
Kapiolani WIC Program	983-8531
Kokua Kalihi Valley WIC Program	791-9444
Leeward WIC Program	675-0365
Wahiawa WIC Program	622-6458
Waianae WIC Program	697-3301
Waimanalo WIC Program	259-7940
Windward WIC Program	233-5470

Neighbor Islands

Bay Clinic WIC Program (Hawaii)	965-3030
Hilo WIC Program	974-4270
Kona WIC Program	322-4888
Kauai WIC Program	241-3080
Lanai WIC Program	563-0029
Malama I Ke Ola WIC Program (Maui)	872-4034
Maui WIC Program	984-8225
Molokai WIC Program	660-2614

On Oahu, call: 586-8175

Neighbor Islands: 1-888-820-6425

Visit our website for more information and clinic locations:

<http://health.hawaii.gov/wic/>



HAWAII STATE
DEPARTMENT
OF HEALTH



David Ige, Governor
Virginia Pressler, M.D., Director of Health

This institution is an equal opportunity provider.