Date	Time	Purpose of visit		
		Check pick-up	Certifications/ Medical Data Update	Nutrition/ Breastfeeding

Notify the WIC office if you:

- are unable to keep a scheduled appointment.
- give birth.
- change the amount of breastfeeding.
- are unable to purchase WIC foods.
- have any problems or concerns about the store.
- have questions about WIC services.
- are moving out of Nebraska.

Your WIC clinic:

If this folder is found, return it to the address above.

Department of Health & Human Services
DHHS
NEBRASKA

Family ID# _____

Clinic Name: _____

Responsible Party Name: _____

Alternate Shopper: _____

Alternate Shopper: _____

Alternate Shopper: _____

Remember to bring this ID folder when picking up checks and when shopping for food.
Only you or your alternate shoppers are allowed to receive or use checks.

Participant Name(s): _____

ID Number: _____

NEBRASKA WIC

WIC is an equal opportunity program.

WIC reminders

Don't forget to pick up your checks on time.

Your clinic will note the pick up date on the back of this folder.

Use WIC checks correctly.

Shop where WIC checks are welcome. Treat your WIC checks as money. Use your checks on or between the dates listed on each check and buy only the foods listed on the checks and Food list. Sign your check after the cashier has written the correct amount on the check.

Please remember not to:

- Fold, bend, tear, change or alter WIC checks in any way.
- Return WIC foods for credit or cash.
- Sell or give away checks or food purchased with WIC checks.
- Use checks you reported missing or stolen, when they have been replaced.
- Receive checks from more than one clinic.
- Receive benefits from both WIC and CSFP.

Consider breastfeeding your baby.

Babies are born to breastfeed. WIC provides breast-feeding support and information. Nursing mothers receive additional food and remain on the WIC program for a full year. Ask your WIC staff for more information.

Shop smart!

- Plan how to spend your checks so you have food for the whole month.
- Use coupons, and look for "buy one get one free" and other store offers.
- Separate your WIC foods from Non-WIC foods.
- Group your foods by what is listed for each check.
- Tell the store cashier you are using WIC checks.

Keep your appointments.

Call your WIC clinic if you need to reschedule.