



## Top 5 Common Questions About the WIC Program

The Women, Infants and Children (WIC) program is all about growing healthy families. Well Child Center’s WIC program serves pregnant, breastfeeding and postpartum women and families with children through 5 years of age, including children in the care of fathers, grandparents, and other legal guardians including the state.

- ✓ WIC offers free and nutritious foods, like whole grains, fruits and vegetables, dairy and dairy alternatives, beans, eggs, and infant foods.
- ✓ WIC staff care about and support families by offering breastfeeding support, nutrition education and connections to other helpful community programs.
- ✓ WIC is for lots of families. WIC does not require proof of citizenship or immigration status. Contact us for our current income guidelines.

There are often misconceptions or misunderstandings about the WIC program requirements. The Well Child Center WIC team is here to clarify those for you! Read the top five commonly asked questions—and answers—about WIC below.

### Q: Can single dads be part of WIC?

Yes! So long as the child is under 5 years old. Not only can single dads enroll their children but so can other types of caregivers who have legal guardianship of the children. These include foster parents, grandparents, aunts, uncles, other relatives, etc.

### Q: Do I pick up WIC foods at the WIC office?

No! You actually shop in stores. WIC foods are issued on an electronic benefit card, also known as an EBT. Illinois has approved WIC vendors throughout the state, including popular chain grocery stores, local community grocery stores, as well as pharmacies. There are also designated stores in the Chicagoland area for WIC shoppers only.

### Q: Do I have to be a US citizen to be eligible for WIC?

No! WIC does not require proof of citizenship or immigration status to apply for WIC benefits. However, WIC does request proof of Illinois residency. Proof of residency can include, but is not limited to, a government ID with current address; a utility bill; a lease; or other legal documents.

### Q: Can I have both WIC and SNAP at the same time?

Yes! SNAP and WIC are two separate programs. Participants are encouraged to apply for both. If a participant has already been approved for SNAP, they qualify to receive WIC and should call their local WIC agency to apply.

SNAP benefits are provided as a monthly dollar amount where the participant can shop for groceries. WIC provides a monthly shopping list which includes nutritious foods for WIC participants. Not only do women and children receive nutritious foods but they will also receive nutrition education, community referrals, and breastfeeding support, if needed.

### Q: Can I apply for WIC if I am breastfeeding?

Yes! A breastfeeding parent receives their own enhanced WIC food package until the infant turns 1 year old. The infant will receive their first foods at 6 months of age (infant cereal; pureed fruits, vegetables, and meats).

**If you are interested in WIC services for yourself or someone you know, contact  
Well Child Center’s WIC clinic at 847-741-7370.**

**We hope to hear from you soon!**