

Children 2-5 year old

4 gallons 1% Fat Free or Skim Milk
1-16 oz. bag dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
2-64 ounce juice
\$8 for fresh or frozen fruits & vegetables
2 Whole Grain Bread or other approved Whole Grain Items

OR

3 gallons & 1 quart 1% Fat Free or Skim Milk
1-16 oz. package cheese
1- 16 z. dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
2-64 ounces juice.
\$8 for fresh or frozen fruits & vegetables
2 Whole Grain Bread or other approved Whole Grain

Pregnant

5 gallons & 1 quarts 1% Fat Free or Skim Milk
2-16 oz. bag dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
3- cans 12 ounce frozen juice
\$10 for fresh or frozen fruits & vegetables
1 Whole Grain Bread or other approved Whole Grain Items

OR

4 gallons & 3 quarts 1% Fat Free or Skim Milk
1-16 oz. package cheese
1- 16 z. dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
3-cans 12 ounce frozen juice
\$10 for fresh or frozen fruits & vegetables
1 Whole Grain Bread or other approved Whole Grain

Postpartum (non breastfeeding)

4 gallons 1% Fat Free or Skim Milk
1-16 oz. bag dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
2-cans 12 ounce frozen juice
\$10 for fresh or frozen fruits & vegetables

OR

3 gallons & 1 quart 1% Fat Free or Skim Milk
1-16 oz. package cheese
1- 16 z. dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
2-cans 12 ounce frozen juice
\$10 for fresh or frozen fruits & vegetables

Fully Breastfeeding

24 quarts Whole Milk (6 gallons)
2-16 oz. dry beans/peas or 4-16oz size canned beans
3 cans—12oz. Frozen Juice
2 Dozen Large Eggs
36 ounces of WIC approved cereal
\$10 for fresh or frozen fruits & vegetables
2 Whole Grain Bread or other Whole Grain Items

OR

21 quarts Whole Milk (5 gallons & 1 quart)
2- 16 z. dry beans/peas or 4-16oz size canned beans
3 cans—12oz. Frozen Juice
2 Dozen Large Eggs
36 ounces of WIC approved cereal
\$10 for fresh or frozen fruits & vegetables
2 Whole Grain Bread or other Whole Grain Items
30 oz. canned fish
Peanut Butter/Beans/Peas (Optional)
16 oz. cheese

Kewa WIC Program

Women, Infants, & Children



Santo Domingo WIC Program

PO BOX 370
Santo Domingo, NM 87052
Phone:(505) 465-1321

What is WIC?

WIC is the Special Supplemental Food Program for Women, Infants and Children (WIC). It is a federal program administered by the United States Department of Agriculture (USDA), Food and Nutrition Service, and the New Mexico Department of Health, Public Health Division. In New Mexico, other WIC Programs are also available through Indian Tribal Organizations.

Who qualifies?

To qualify you must meet the following criteria:

- ◆ **Live in New Mexico.** WIC participants usually receive services in the county where they live (U.S. citizenship is not a requirement for eligibility).
- ◆ **Be a Pregnant, Breastfeeding or Postpartum woman, an infant under one year of age or a child less than 5 years of age.** (Parents, step-parents, guardians, and foster parents of infants and children under 5 can apply for their children.
- ◆ **Meet income guidelines.** Households with incomes at or below 185% of the federal poverty income level are eligible. WIC determines income based on gross income. WIC counts all of the members of a household, related or non-related. WIC counts an unborn baby as a household member.
- ◆ **Be at nutritional risk.** WIC participants receive an initial health and diet screening at a WIC clinic to determine nutritional risk. WIC uses two main categories of nutritional risk: 1) medical-based risks such as history of poor pregnancy outcome, underweight status, or iron deficiency anemia, and 2) diet-based risk factors such as poor eating habits which can lead to poor nutritional and health status. Participants will be counseled at WIC about these risks and the outcome influenced by nutrition education and nutritious foods provided by WIC.

Participants must apply in person

“WIC is an equal opportunity provider.”

What do I need for an appointment?

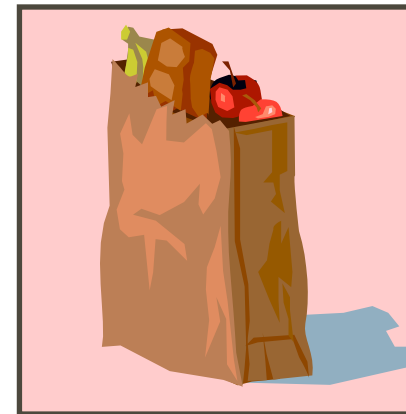
1. The **Person Applying for program participation** (this may be you, your baby or your child).
2. Proof of **residency**.
3. Proof of **identity**.
4. **Current check stubs (within last 30 days) for any member of your family who receives an income, or other proof of income status.** *If your family receives TANF or Food Stamps, you will be asked to bring the award notice, which you receive from your caseworker or in the mail.*
5. **Current or updated shot record**

What will I receive?

WIC provides **supplemental food** to program participants, along with nutrition education, information on breastfeeding and referrals to health and social programs

**Schedule an
appointment today!**

505-465-1321



You may be eligible to receive one or more of the following food packages:

Children 1-2 year old

16 quarts Whole Milk (4 gallons)
1-16 oz. bag dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
2-64 ounce juice
\$8 for fresh or frozen fruits & vegetables
2 Whole Grain Bread or other approved Whole Grain Items

OR

13 quarts Whole Milk (3 gallons & 1 quart)
1- 16 z. dry beans/peas or 4-16oz size canned beans
1 Dozen Large Eggs
36 ounces of WIC approved cereal
2-64 ounces juice.
\$8 for fresh or frozen fruits & vegetables
2 Whole Grain Bread or other Whole Grain Items
1-16 oz. Cheese