



Are You Interested in the Montana WIC Program?

Check out the answers to these Frequently Asked Questions. WIC may be just right for you!

Who can apply for WIC? Applicants must meet income eligibility requirements and be in one of these categories:

- Women who are pregnant, postpartum, breastfeeding, or had a pregnancy that ended early;
- Infants;
- Children under 5 years old; and
- Primary caregivers (including grandparents).

Those who have Medicaid, SNAP, or TANF automatically meet the criteria for WIC eligibility.

Are foster children and kids cared for by relatives (or in “kinship placement”) eligible for WIC services? Yes. Just bring in the letter stating that guardianship has been temporarily (or permanently) transferred.

Can fathers apply for WIC for their children? Absolutely! We encourage dads to enroll in WIC for their kids. Fathers often keep routine WIC appointments on behalf of the family.

Am I eligible if I’m not a U.S. citizen? Participating in WIC does not affect immigration status or hurt a non-citizen’s chances of becoming an American citizen.

I hesitate enrolling in WIC because there are other families out there who need WIC more than mine. *Not true!*

Each state receives an allotment of federal funds to deliver WIC services.

The money set aside for Montana goes to other states when we do not use our funds. *The more families who participate, the more families we can help.*

I am so busy; how do I know if enrolling in WIC is worth my time? Each WIC participant receives approximately \$500



worth of food benefits each year. Typically, a family will need to visit the WIC office just four times a year (per participant). Some follow-up appointments can be completed online via WIC Smart.

Will enrolling in WIC reduce my benefits in other programs? WIC is not public assistance, so it will not interfere with SNAP or Food Bank services. Often families participate in all three programs at the same time.

What are the benefits that WIC provides? WIC offers a variety of healthy food choices. Food packages are loaded onto an eWIC card (similar to a debit card or SNAP card), which is used to purchase foods at the store. WIC provides nutrition information, referrals to other health and community services, infant growth monitoring, farmer's market coupons, breastfeeding support, and pumps and other supplies. The staff at WIC are highly qualified, with advanced education in nutrition, health, and breastfeeding. You also have the opportunity to work with a registered dietitian for individual nutrition needs.

Can I get a breast pump if I decide to breastfeed? WIC provides participants with breast pumps, breastfeeding support, and counseling. Mothers who are breastfeeding and working (or attending school) full time may get an electric pump through WIC.

My life is so busy, how can I remember one more appointment? Most Montana WIC agencies make appointment reminder calls one day prior to the appointment, and some WIC clinics have automated reminder calls/texts as an option as well.

Does WIC protect confidentiality? I do not want people to know that I am a WIC participant. WIC information is completely confidential.

Is there a ton of paperwork I need to complete to participate in WIC? The paperwork part of WIC is minimal. To enroll, participants will need to bring some documents, including identification, proof of residency, and proof of income status.

What if I will be gone for the summer or need to transfer clinics? WIC offers services in clinics across Montana and in every state. You can easily transfer to another city, state, or to a reservation clinic.

WIC is an equal opportunity provider and employer.