



WIC FREQUENTLY ASKED QUESTIONS (FAQ)

Background

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a USDA funded program. WIC was created in 1974 to provide specific nutrients that were found to be lacking in the diets of pregnant and post-partum women, infants and young children during critical times of growth and development. WIC provides three main benefits including nutrition and breastfeeding education, referral to other health and social services, and nutritious supplemental foods.

Why should I sign up for WIC?

WIC is a program designed to help families and young children during an important time in growth and development. The benefits are many, including healthy food, support, connections to local resources, and much more. WIC is a voluntary program and participation will not interfere with use of other programs like SNAP or Medicaid. WIC is meant to supplement your food budget and compliment your use of other resources.

Is WIC still open during the COVID-19 pandemic?

Yes, WIC is still available for phone appointments for new and existing participants. Please visit [signupwic.com](https://www.signupwic.com) for the phone number for your local clinic. Email montanawicprogram@mt.gov or call 800-433-4298 if you need anything else.

How do I get benefits if I lost my job, or my income changed because of COVID-19?

WIC would love to support your family during this tough time. Eligibility requirements may be viewed on our [website](#) or discussed by reaching out to your [local clinic](#) or by contacting the State Office by email at montanawicprogram@mt.gov or by phone at 800-433-4298.

Who is eligible for WIC?

WIC stands for Special Supplemental Nutrition Program for Women, Infants, and Children. This program serves pregnant and post-partum mothers as well as children up to their fifth birthday. Foster parents, grandparents, and caregivers can get WIC for their children under five. Visit the [WIC Eligibility page](#) for more information on what documentation is required, and the income standards. If an individual already qualified for one of the following programs, then they do not need to provide proof of income to qualify for WIC.

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
- Federal Distribution Program for People on Indian Reservations (FDPIR)

Montana State WIC Office | 1625 11th Street | Helena, MT 59620 | 800-433-4298

Email: montanawicprogram@mt.gov Website: www.wic.mt.gov

This institution is an equal opportunity provider

How long can I be on WIC?

Pregnant women qualify up to 6 weeks post-partum. New mothers qualify for up to 6 months if they are not breastfeeding or for the first year of their baby's life if they are breastfeeding. Children are eligible to stay on WIC until their fifth birthday with annual re-certifications to verify income and nutrition status.

What kind of food can I expect to get on WIC?

The WIC food package is full of nutritious food for your family. It consists of the staples; fresh fruit and vegetables, cereal, bread, milk, cheese, yogurt, tofu, beans, peanut butter, and more. See our [Approved Food List](#) for the full details.

How do I access the breastfeeding support?

WIC would love to support you on your breastfeeding journey! We have trained staff who are ready to talk with you. Please visit signupwic.com for the phone number for your local clinic and they will help connect you with your local breastfeeding coordinator or breastfeeding peer counselor.

Other than food, what else does WIC provide?

WIC has staff trained in nutrition and breastfeeding, who can provide information to help your family be healthy. Additionally, WIC has information to provide on other services such as healthcare, dental, childcare, substance use services, and many other resources in your community.

What stores allow WIC, and how will I know what I can buy?

WIC stores can easily be found on our [website](#), by downloading the WIC Shopper Application on your smartphone, or by looking for the "We Accept WIC" decal at your local store. There are almost 200 stores that accept WIC across Montana. The WIC clinic will provide you will a list of items you can purchase, including how much and a food list to reference. The food list and your balance can also be viewed on WIC Shopper, by setting up an account in www.mybnft.com or calling the number on the back of your eWIC card.

How much time does it take to get WIC? What are appointments like?

Your first appointment with WIC must be in-person or over the phone (during COVID-19 outbreak). This appointment will take longer than usual as we have information to collect to confirm eligibility, health and nutrition, and issue your card and benefits. After the first appointment, you can expect to make contact about every 3 months, and some appointments may even be done on your WIC Smart phone application!