

WIC Vendors Meriden

USE the WIC Shopper APP for all the latest WIC store locations.

You can find stores listed by zip-codes and towns.

Remember pharmacies are for formula only!

Food Pantries (203) 469-5000

Mobile Food Pantry– CT foodshare distribution <https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/>

Meriden Salvation Army (203) 235-6532

23 St. Casimir Drive Meriden, CT

New Opportunities (203) 639-5060 Ext 1074

55 West Main Street 3rd Floor Meriden, CT

Master's Manna, INC. (203) 678-3042

428 South Cherry Street Wallingford, CT

Medical Resources

Birthright (203) 237-9887

Planned Parenthood (203)-238-0542

Community Health Center/OBGYN

(203)-237-2229

CT Dental Health Partnership

1-866-420-2924

Meriden Health Department

Clinic/Nurses (203)630-4234

Mental Health Services-

Catholic Charities- (203) 235-2507

Child Guidance -(203) 235-5767 Ext: 3074

Parenting Support home visiting-

Family Enrichment Center-helps families reach parenting goals. Provides pregnancy support and support for fathers.

(860) 798-7371 or Cara.McPhee@hhchealth.org

Drug, Alcohol Treatment-

The Recovery Village– 855-521-0729

Rushford– 1-877-577-3233

Meriden/Wallingford Substance Abuse Council

(203) 294-3591

Meriden WIC Program Community Resources

Adult Education -B.O.E) 203-630-4190

Chrysalis Domestic Violence Hotline 203-238-1501

CT Coalition Against Domestic Violence

860-282-7899

Birth To Three 1-800-505-7000

Care 4 Kids 1-888-214-5437

Children's First Initiative 203-630-3566

Child Support Enforcement 1-800-228-5437

C-T Dept. of Social Services 1-855-626-6632

American Job Center 203-238-3688

DCF 1-800-842-2288

Head Start- (203) 238-3688

Husky 1-877-284-8759

Husky Member Services 1800-859-9889

Infoline 2-1-1 (homeless shelter assistance)

Literacy Volunteers 203-235-1714

Meriden Parks and Recreation- (203) 630-4279

Meriden Public Library 203-238.2344

Meriden Housing Authority– 203 235-0157

New Opportunities 203-639-5060 general asst

203-235-0278 energy asst

School Readiness Program- 203-630-4222

Smoking Quit Line-1-800-QUIT-NOW

Social Security Office 1-877-409-8429

Spanish Community of Wallingford (SCOW)

203-265-5866

Superior Court Meriden (203) 238-6499

Women and Families Center 203-235-9297

YMCA 203-235-6386

Access Health CT 1-855-805-4325



Participant Handbook



WIC welcomes all

Always bring the EWIC card and ID for every appointment

Meriden WIC Office

165 Miller Street

Meriden, CT 06450

(203)630-4245 Phone

(203) 630-4249 Fax

E mail– Meridenwic@meridenct.gov

WIC offers both in person and remote appointments.

MeridenWIC.org

Outreach site in Wallingford—Closed

Meriden WIC

WIC is a nutrition program that provides nutrition education for families. In addition to personalized health counseling, you will receive healthy foods for your family and referrals to other community programs.

Call WIC when you confirm your pregnancy. Your WIC services can begin ASAP.

How long can you be on WIC?

- ◆ **Pregnant women-** until 6 weeks after your delivery. Then you can reapply as a breastfeeding woman or post partum. You will remain on the program for at least 6 months.
- ◆ **Children,** from birth to their 5th birthday. You will need to complete well child visits every 6 months.

Food packages grow with your child
The WIC food packages include fruits and vegetables, whole grains, dairy and protein foods.

WIC Supports Breastfeeding

Nutrition staff are certified in lactation. So we can answer your questions and help you meet your breastfeeding goals.

MidState Medical Center's breastfeeding support
[203.694.8328](tel:203.694.8328)

[Parent Education Classes | MidState Medical Center | Meriden, CT](#)

Meriden WIC Virtual BF support group 2nd and 4th Thursday of each month from 1-2 PM
Meridenwic.org for the portal



Program tips for successful visits:

If you need to cancel an appointment please call ahead. This allows us to give your appointment to someone else and have appointments available for you.

We will take walk-ins as long as time permits.

What is needed at your visit:

Certification/ recertification appointments are done annually for children. You will need the following:

- ◆ Child
- ◆ Current WIC medical form or physical form
- ◆ Proof of residency
- ◆ Proof of income
- ◆ Your ID
- ◆ E WIC Card

Mid-certification appointments are 6 months later.

You will need the following:

- ◆ Child or current medical form (within 60 days)
- ◆ Your ID and E WIC Card
- ◆ Children over 2 can be measured at your local office.
- ◆ Bloodwork is required once in pregnancy and again at post-partum.
For Children bloodwork is required at age 1, 18 months, 2, 3, and 4 yrs. old.

- If it's low will be re-done 6 months later.

Follow-up appointments:

Kids are not required at this short appointment. WIC wants to make sure you have no questions or concerns.

If your provider plans to fax the WIC form to the WIC office please confirm they did so prior to your appointment.

Loading your benefit card:

You must attend your scheduled WIC nutrition appointment in order to have your benefits loaded to your E-WIC CARD. You will receive a family benefit list at each appointment. It will list the foods that are loaded on your card.

Things To Remember

You must USE your e-WIC card at the store.

Your caretaker must have the e-WIC card and another ID when picking up your benefits from the WIC office.

If the e-WIC card is lost or stolen only YOU, the payee can get a replacement one. Call the office to set this up.

You cannot return formula that you purchased with WIC benefits to the store. If the formula changes, you must call the WIC office.

You cannot sell or give away baby formula and other foods that you purchase with your WIC benefits. Let the office know if you do not want something.

Satellite Office:

Spanish Community of Wallingford (SCOW)

Temporarily Closed

Meriden Hours

Monday, Wednesday, Thursday & Friday

8:00am-4:30pm

Tuesday 8:00am-6:30pm

Saturday 8-12 once a month

This institution is an equal opportunity provider