



We will need the following items to be e mailed or faxed to the WIC Office before your appointment:

WIC Fax (203) 630-4249 or e-mail at meridenwic@meridenct.gov

If you have a pregnancy appointment, we will need the following:

- **Pregnancy proof-** This can be a letter from your OB, WIC certification form with due date date or ultrasound photo.
- **Send a picture of your ID, Husky insurance card we accept Husky A, C & D. Otherwise, we need to see paystubs for 1 month from all working people in the home. We will accept photos or screen shots and email them to us.**
- **For a new baby we will need a picture of the crib card with their weight and length or a copy of their last medical visit record. (Can be a photo or screen shot). We will also need to see proof of income this can be the same as the above or a picture of your SNAP card until baby gets their insurance card.**

Please send this information to us via fax or email prior to your appointment so we can have the documentation ready and have a smooth visit.

- **You must view the WIC Shopping video and download the WIC Shopper App
Other information will be explained to you at your first visit.**

Meriden WIC shopping video (nine minutes)

<https://www.meridenct.gov/government/departments/health-and-human-services/wic-shopper/>

Instructions:

Please download the WIC Shopper APP

<http://ebtshopper.com/download/>

This app is essential to your success on the WIC program.



- You will be able to see the WIC approved foods for the state
- See stores that accept WIC based on your location. You can scan UPC codes at the store so you know if items are approved. Once you receive your shopping card you can connect the card to the APP and see your next appointment and benefits.

CT WIC Food Booklet https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC-2018/Food-Guides-2021/ConnecticutWIC_FoodGuide-2021.pdf

Milk Conversion guide https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC/Food_List/eWICQuickPickGuideMILK32416pdf.pdf

Quick Pick Guide for Peanut butter and Beans https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC/Food_List/eWICQuickPickGuidePB4816ENGSP2pdf.pdf

WIC Food Conversions https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC-2018/LA-WIC-Food-Purchasing-Conversion-Eng_Spa.pdf

The following information will be explained to you at your first appointment. Once your education is completed you will get an e mail of your food benefits and can pick up your WIC card or have it mailed out to you.

They include the following:

Participant handbook- This has program rules, hours of operations and community partner phone numbers.

WIC Shopper Info-you must download to receive benefits and communications

The e-WIC Card- How to shop

Selected Referral Guide- This includes all Department of Social service information

Participant Rights and Responsibilities- This goes over the rules and regulations of the program. Hard copies of the following will be provided along with your card.

WIC Shopper Brochure-The App must be downloaded and your shopping card must be synched up to see your next appointment and your benefits.

Food benefit list

Certification form-Will be completed by your OB at your next appointment either for pregnancy or at your 6-week postpartum appointment. **(Please view)**

City of Meriden WIC's website (must view in Chrome or Edge) <https://www.meridenwic.org>

State of CT WIC's website <https://portal.ct.gov/DPH/WIC/WIC>

WIC is prohibited from discrimination based on race, color, natural origin, sex or disability. USDA is an equal opportunity employer.