Remember

1. You must have your signed blue WIC Identification card to use WIC checks.
2. Use Iowa WIC checks at any Iowa WIC-approved stores. They should have the blue WIC decal on their door. Your WIC staff will give you a list of nearby stores.
3. Separate your WIC foods from others in your cart.
4. Tell the cashier that you are using WIC checks.
5. Handle each check as a separate purchase. You may use more than one check at a time.
6. Use coupons or other money saving tips to help cut WIC food costs.
7. Do no exchange WIC foods for cash or credit at the store.
8. Do not change the check. If you need a change in your WIC checks, it must be made at your local WIC office.
9. Call your local WIC office immediately if a check is lost, destroyed or stolen.
10. Return unused checks to the WIC office.

Important Information
About Your WIC Agency

IDPH
Iowa Department of Public Health

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10/08

How to Use Your WIC Checks

Iowa WIC Program
1-800-532-1579

Your child has you. And you have WIC.

The WIC Program provides

- Supplemental foods for your special needs,
- Nutrition education, and
- Referrals to other health services.

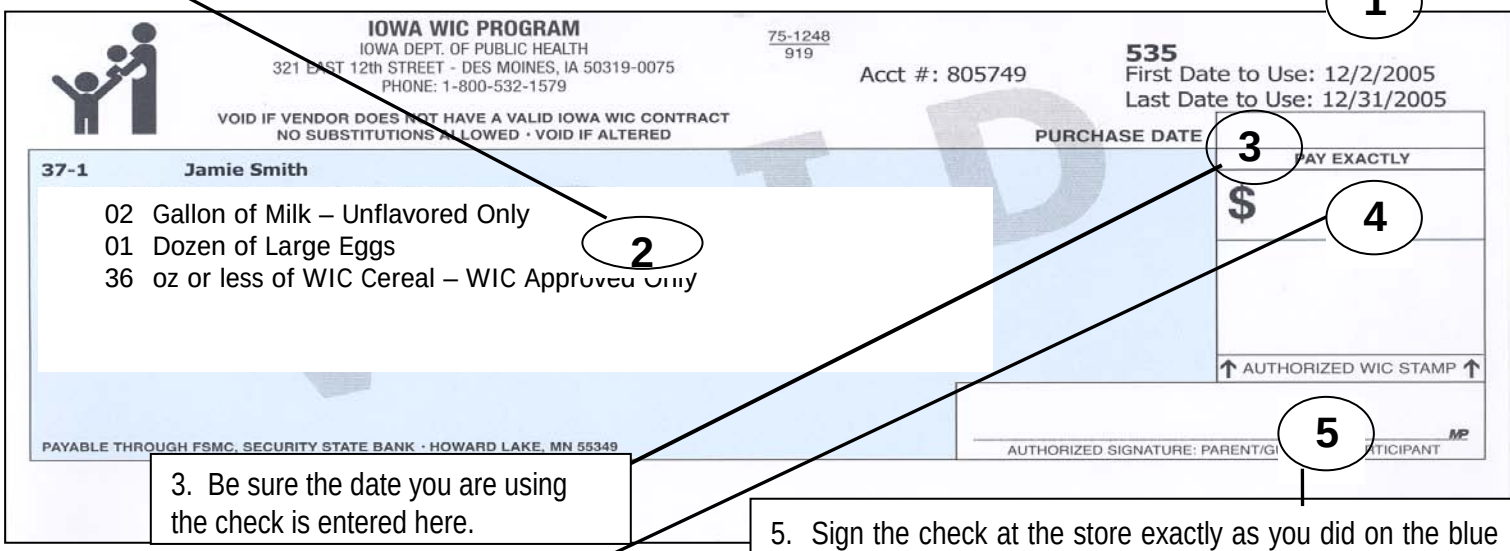
You need to:

- Pick up your checks at the assigned time **OR** give someone written permission to pick up your checks.
- Bring your blue WIC Identification Card every time you come to clinic or to the store.
- Keep your appointments. If you can't come, call right away.
- Use your WIC checks correctly. If you allow someone to use them for you, you must be sure that they know how to use them correctly.

Follow these steps to use your checks correctly.

1. Check the date. Make sure it is on or after the first date to use and before midnight on the last date to use.

2. Buy only the type and amount of food listed. You do not have to buy food you don't need.



3. Be sure the date you are using the check is entered here.

4. Check the amount to make sure it is correct before you sign it. You or the cashier may fill this in.

5. Sign the check at the store exactly as you did on the blue WIC identification card.

You must have your blue WIC identification card to cash your WIC checks.