

Connecticut



NUTRITION IS JUST *the* BEGINNING.

"The WIC program aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care."

CIFC Health manages the WIC program to provide Supplemental Nutrition Assistance to Pregnant and postpartum women and their young children in Danbury. "The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk."

As soon as you know you are pregnant, call WIC for an appointment at 203-456-1410

Benefits of WIC

What are the benefits of WIC?

- An eWIC card to buy healthy food for you and/or your children at [local stores](#).
- Individual time to speak with a nutritionist or trained professional about your diet or your child's diet.
- Breastfeeding support and information.
- Opportunity to meet and talk to other moms with young children.
- Referrals to health care and other social service programs.



Who is Eligible for WIC



- **Pregnant Women**
(Through pregnancy and up to 6 weeks after birth or after pregnancy ends)*
- **Breastfeeding Women**
(Up to baby's 1st birthday)
- **Postpartum Women, Non-breastfeeding**
(Up to 6 months after the birth of an infant or after pregnancy ends)*

- **Infants**
(Up to 1st birthday)

- **Children up to their 5th Birthday**

(Fathers, grandparents, foster parents or other guardians may apply for WIC for their children)

WIC vs SNAP

WIC and SNAP - commonly referred to as "food stamps" - are both "Supplemental Nutrition Programs" administered by the Department of Agriculture to address the nutritional needs America's most vulnerable populations. However, there are significant differences between the benefits and supports provided by the WIC program and SNAP.



Similarities

- Eligibility is based on need
- Provides access to food
- Benefits loaded onto a payment card

Differences

- Eligibility is limited to Women and children under 5
- WIC provides specific food based on circumstance
- WIC provides nutrition education and counseling
- WIC provides breastfeeding support
- WIC provides health screenings and referrals

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information

(e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf> , from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

1. mail: Food and Nutrition Service, USDA 1320 Braddock Place, Room 334 Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: FNSCIVILRIGHTSCOMPLAINTS [at] usda.gov

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