

WIC PROGRAM RULES

WIC Program Rules will help you to understand how WIC works. Please follow the Rules. Failure to follow the rules may result in disqualification from WIC for up to 12 months. Also, you may have to pay WIC, in cash, the value of the WIC checks you used. If you have any questions about the rules, please contact the WIC office. Staff will be happy to help you.

Do's

- Do give correct and truthful information.
- Do redeem WIC checks within the dates printed on the checks.
- Do redeem WIC checks for WIC approved food only.
- Do redeem and sign WIC checks only at the grocery store.
- Do report lost or stolen WIC checks to the WIC office immediately.
- Do keep your WIC appointments or call the WIC office to reschedule.
- Do bring your children and their shot record to each certification appointment.
- Do bring proof of your identity (ID), proof of your address, and proof of the total income for your household to every certification appointment.
- Do notify WIC of any changes in your child's custody agreement or address immediately.
- Do choose a person (proxy) to pick up and redeem your WIC checks for you if you are not able to get to the WIC office or grocery store. Your proxy will have to be trained by WIC staff on how to use the WIC checks.
- Do treat WIC and grocery store staff with courtesy.
- Do retain sales receipts for personal purchases (purchased with your own money) of WIC foods or formula in case you wish to sell or exchange them.

Don'ts

- Do not give away WIC checks, food, or formula.
- Do not sell or exchange, including online, WIC checks, food, or formula for cash, credit, or other items.
- Do not redeem WIC checks you reported lost or stolen.
- Do not redeem WIC checks for children no longer living with you.
- Do not change anything on the WIC checks or your ID Card.
- Do not allow anyone other than your WIC approved proxy to use your WIC checks and ID Card. If your proxy does anything wrong with your WIC checks, you may be disqualified from participating in WIC.
- Do not participate in WIC at more than one WIC site during the same period of time, in either Pennsylvania or in another state.
- Do not try to purchase any foods not in the current WIC food list.
- Do not sell, lend or exchange a breast pump that you have received from the WIC Program.

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Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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