

## How to Apply:

Call the WIC local agency nearest you to make an appointment. The telephone listing is on the back of this brochure. Or, call 586-8175 (Oahu) for help. On the Neighbor Islands, call toll-free, 1-888-820-6425.

For your first WIC appointment, please bring:

### 1. Proof of income

For example, pay stubs, leave and earnings statement (LES), or medical benefit papers.

### 2. Proof of identity

For example, driver's license or state identity card.

### 3. Proof of Hawaii address

For example, utility bill, rent receipt, or driver's license.

### 4. Your baby and/or children who need WIC

### 5. Your baby and/or children's shot record

At the appointment, WIC staff will check height, weight, diet, and the need for a simple blood test.



## Call Today to Apply

Many people qualify for WIC but don't know it. Call the Hawaii WIC program nearest you to see if you qualify.

### WIC Local Agencies

#### Oahu

Kalihi-Palama WIC	841-0011
Kapiolani WIC	983-8531
Kokua Kalihi Valley WIC	791-9444
Leeward WIC	675-0365
Pearl City WIC	453-6511
Wahiawa WIC	622-6458
Waianae WIC	697-3301
Waimanalo WIC	259-7940
Windward WIC	233-5470

#### Neighbor Islands

Bay Clinic WIC (Hawaii)	965-3030
Hilo WIC	974-4270
Kona WIC	322-4888
Kauai WIC	241-3080
Lanai WIC	984-8225
Malama I Ke Ola WIC (Maui)	872-4034
Maui WIC	984-8225
Molokai WIC	660-2614

On Oahu, call: 586-8175

Neighbor Islands: 1-888-820-6425

Visit our website for more information and clinic locations: <http://health.hawaii.gov/wic>



## Raise a Healthy Family with WIC



A free health and food program for women, infants, and children



HAWAII STATE  
DEPARTMENT  
OF HEALTH



David Ige, Governor  
Virginia Pressler, M.D., Director of Health

## What is WIC?

WIC, the Women, Infants, and Children program that helps pregnant women, mothers with infants, and young children eat well, be active and stay healthy.

## WIC offers families:

- **Nutrition and health education.**  
WIC will answer your questions about what to eat for a healthy pregnancy and help you plan family meals and snacks.
- **Education and support for moms who breastfeed.**  
WIC has specially trained staff to answer your breastfeeding questions. Ask for more information about our breast pump loan program.
- **Checks to buy healthy foods such as:**
  - ✓ Milk
  - ✓ Fruits and vegetables
  - ✓ Juice
  - ✓ Eggs
  - ✓ Cheese
  - ✓ Cereal
  - ✓ Dry beans or peas
  - ✓ Peanut butter
  - ✓ Canned salmon, sardines, mackerel or tuna
  - ✓ Whole grain breads, tortillas, pasta, or brown rice
  - ✓ Baby Foods
  - ✓ Infant Formula
  - ✓ Tofu and soy milk
  - ✓ Yogurt
- **Help in finding health care and other community services.**

## You can participate in Hawaii WIC if you:

- Are pregnant, breastfeeding, or had a baby in the last 6 months, or have children under 5 years old, including those cared for by a single father, grandparents, foster parent, step-parent, or guardian, and
- Live in Hawaii (includes military families, immigrants, and foreign students), and
- Have a household income matching the guidelines in the box below OR already receive TANF, SNAP or QUEST.



Effective July 1, 2016 to June 30, 2017					
Persons in Family or Household	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$25,290	\$2,108	\$1,054	\$973	\$487
2	34,096	2,842	1,421	1,312	656
3	42,902	3,576	1,788	1,651	826
4	51,708	4,309	2,155	1,989	995
5	60,514	5,043	2,522	2,328	1,164
6	69,320	5,777	2,889	2,667	1,334
7	78,126	6,511	3,256	3,005	1,503
8	86,969	7,248	3,624	3,345	1,673

- Households larger than eight, please visit our website for additional income information.
- Count your unborn baby as an additional family member. For example, add two to your family size if you are expecting twins.
- Income criteria is provided as a general guideline. Family household income will be reviewed at clinic appointment.