

RAISE

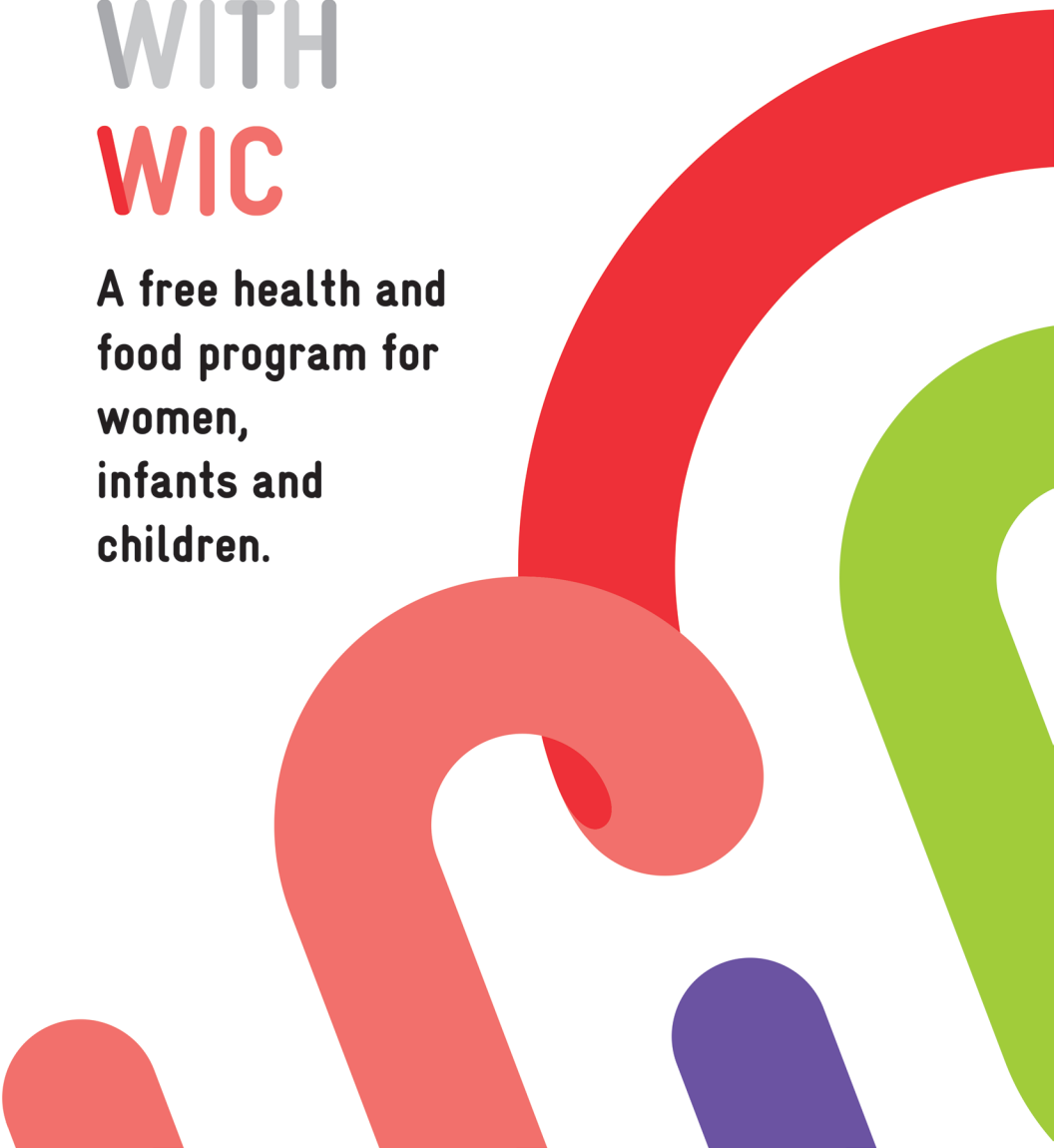
A

HEALTHY FAMILY

WITH

WIC

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



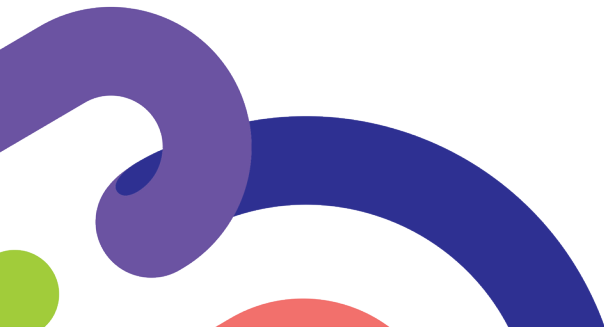
What is WIC?

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

WIC offers families:

1. 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.
2. 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 and breastfeeding peer counselor program (available at certain sites).
3. Easy to use eWIC card to buy healthy foods such as:

Milk	Peanut butter
Fruits and vegetables	Canned tuna or salmon
Juice	Whole grain breads, tortillas,
Eggs	pasta, or brown rice
Cheese	Baby foods
Cereal	Infant formula
Beans or peas	Tofu and soymilk
Yogurt	
4. 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, and
- Live in Hawaii (includes military families, immigrants and foreign students), and
- Have a household income matching the guidelines at http://health.hawaii.gov/wic/program_details OR already receive TANF, SNAP, Med-QUEST.

How to apply:

Go to the WIC Pre-Application at <https://www.hiwic.org/apply> or call a WIC local agency near you. The list of local agencies is on the back of this brochure.

For your first WIC appointment, please bring:

1. Proof of Household income
For example, pay stubs, leave and earnings statement (LES) or medical benefit papers.
2. Proof of Identity
For example, driver's license, state identity card, or passport.
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 to see if you qualify.

WIC Local Agencies

Oahu

Kalihi-Palama WIC Program	(808) 841-0011
Kapiolani WIC Program	(808) 983-8531
Kokua Kalihi Valley WIC Program	(808) 791-9444
Leeward WIC Program	(808) 675-0365
Wahiawa WIC Program	(808) 622-6458
Waianae WIC Program	(808) 697-3504
Waimanalo WIC Program	(808) 259-7940

Neighbor Islands

Hawaii:

Hawaii Island Community Health Center WIC Program (Pahoa, Hawaii)	(808) 965-3030
Hilo WIC Program (East Hawaii)	(808) 974-4270
Kona WIC Program (West Hawaii)	(808) 322-4888

Kauai: [Kauai WIC Program](#) (808) 241-3080

Lanai: [Lanai WIC Program](#) (808) 565-6919

Maui: [Maui WIC Program](#) (808) 984-8225

Molokai: [Molokai WIC Program](#) (808) 660-2614

Visit our website for more information and clinic locations:

<http://health.hawaii.gov/wic/>



HAWAII STATE
DEPARTMENT
OF HEALTH



Josh Green, M.D., Governor
Kenneth S. Fink, M.D., M.G.A., M.P.H., Director of Health
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