

Applying for WIC:

- The local WIC office will give you a date and time for a WIC certification visit. At this visit, the household income and the medical/nutrition status of each applicant will be reviewed. On that day, you will find out if you and your children are eligible for WIC.

What food does WIC provide?

- WIC provides food rich in certain key nutrients. Women and children enrolled in the WIC program receive food checks for a variety of foods such as milk, cheese, eggs, cereals, peanut butter or dry beans, and 100% fruit and vegetable juices. Women who are exclusively breastfeeding their babies receive additional cheese, juice and dry beans, as well as carrots and canned tuna fish. Infants who are not breastfed receive the WIC contract brand of infant formula for the first year of life. Beginning at 6 months of age, infants may also receive infant cereal and fruit juice. Special formulas or nutritional supplements are also available to participants with certain medical conditions.

FREE or REDUCED Meals at School

Who can get free meals?

- All children in households receiving benefits from Florida SNAP, Florida TANF or the FDPIR (Food Distribution Program on Indian Reservations), can get free meals regardless of your income. Also, children in households participating in WIC may be eligible for free or reduced price meals.



Can homeless, migrant, runaway and foster children get free meals?

- Yes, children who meet the definition of homeless, migrant, runaway or foster children under the legal responsibility of a foster care agency or court are eligible for free meals.

My child's application was approved last year; do I need to fill out another one?

- Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the Food and Nutrition Office told you that your child is eligible for the new school year.

If I don't qualify now, may I apply later?

- Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free or reduced price meals if the household income drops below the income limit.

What if I disagree with the Food and Nutrition Office's decision about my application?

- You should talk to an official at the Food and Nutrition Office.