

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

#### Neighbor Islands

|                                    |          |
|------------------------------------|----------|
| Bay Clinic WIC Program (Hawaii)    | 965-3030 |
| Hilo WIC Program                   | 974-4270 |
| Kona WIC Program                   | 322-4888 |
| Kauai WIC Program                  | 241-3080 |
| Lanai WIC Program                  | 563-0029 |
| Malama I Ke Ola WIC Program (Maui) | 872-4034 |
| Maui WIC Program                   | 984-8225 |
| Molokai WIC Program                | 660-2614 |

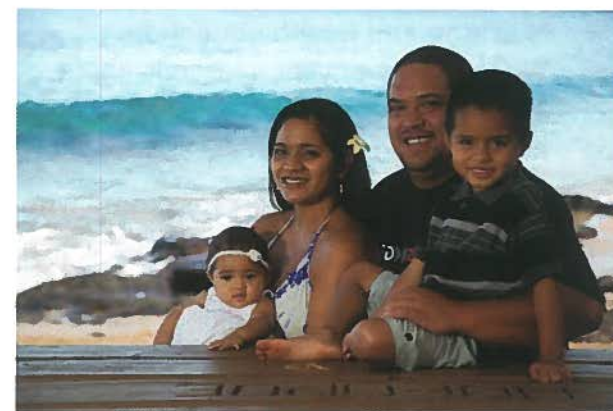
On Oahu, call: 586-8175

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 tuna or salmon
  - ✓ Whole grain breads, tortillas, or brown rice
  - ✓ Baby foods
  - ✓ Infant formula
  - ✓ Tofu and soy milk
- **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, QUEST or Medicaid.



| Effective July, 1 2015 to June 30, 2016 |          |         |               |           |        |
|---|----------|---------|---------------|-----------|--------|
| Persons in Family or Household          | Annual   | Monthly | Twice-Monthly | Bi-Weekly | Weekly |
| 1                                       | \$25,068 | \$2,089 | \$1,045       | \$965     | \$483  |
| 2                                       | 33,911   | 2,826   | 1,413         | 1,305     | 653    |
| 3                                       | 42,754   | 3,563   | 1,782         | 1,645     | 823    |
| 4                                       | 51,597   | 4,300   | 2,150         | 1,985     | 993    |
| 5                                       | 60,440   | 5,037   | 2,519         | 2,325     | 1,163  |
| 6                                       | 69,283   | 5,774   | 2,887         | 2,665     | 1,333  |
| 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.