

WIC is closed on:

Monday May 25th, 2015, for Memorial Day.

Check pickup will be Tuesday May 26th from
8:15 am – 4:00 pm.

Friday July 3rd, 2015 for Independence Day.

Walk-In Newborn Clinic:

For newborns (under 6 weeks old)
and their mothers.

Tuesdays 10:30-Noon:

April 7, 14, 21, 28

May 5, 12, 19

June 2, 9, 16, 23, 30

July 7, 14, 21, 28

No newborn walk-in day on Tuesday May 26th, 2015.



Waukesha County WIC Program
514 Riverview Avenue
Waukesha, WI 53188
262-896-8440

April, May & June 2015

eWIC



Safe

No more paper checks

Simple

Hassle-free checkout

Convenient

Only buy the food you
need each time

The WIC program will soon be moving away from paper checks toward an Electronic Benefits Transfer (EBT) based program called eWIC. eWIC is a benefit card system, similar to SNAP and like a debit card. Each card has a Primary Account Number (PAN) that can be accessed with your Personal Identification Number (PIN). The eWIC card can then be used to redeem current active benefits at approved WIC retailers.

So, how does this work? In order to redeem your benefits, you would start by confirming your active benefits by checking your balance before you start your shopping. Then, just shop as you normally would, and proceed to the checkout. Once you are at the checkout, you will swipe your eWIC card and enter your PIN number, in a similar way a debit card is used. Your groceries will then be scanned, compared to your benefits from WIC, and then approved or denied based on your account balance. Once the purchase is completed and approved, a receipt will show the details of the purchase and will give you an updated food account balance.

This new program has many benefits. The eWIC card offers convenience and privacy. Checking out will be easier because the system will keep track of your WIC benefits instead of a cashier, and there will be the flexibility to purchase items when you need them. In addition, purchases can be made at several different stores, if needed, so you won't lose benefits if an item is out of stock or not carried at a particular store.

The WIC program is looking forward to our move to the eWIC card and we hope you are too!

eWIC Common Questions and Answers

Do I have to buy a certain amount of food at each trip to the grocery store?

No, you may choose how much of the WIC food benefits you wish to purchase at each shopping trip. For example, you can buy one box of cereal this week and one box of cereal next week, or you can buy two boxes all at once - it's up to you!

What if a WIC item is not listed on my receipt as a WIC purchase?

The card reader, not the store clerk, decides which foods you can buy with your eWIC Card.

- You may have selected an item that is the wrong size or the wrong brand.
- You may not have enough benefits on your card for the item.

What if I need someone else to go to the store for me?

You may give someone that *you trust* your eWIC card and PIN number. Please use caution when giving out your eWIC card and PIN. *Once your benefits have been depleted, they CANNOT be replaced.*



What if my eWIC Card is lost or stolen?

Your card is safe because it can only be used with your secret PIN. You must call **your WIC Clinic** to report a lost or stolen card. Once you call and report your card missing, it will be locked by WIC so it cannot be used. You will need to contact your WIC clinic to receive a new card.

<http://www.louisvillewic.org/wictemplate/english/ebtcard/#ebt-1>

Breastfeeding Leads to Healthier Babies and Moms

Studies have shown that overall, breastfed babies tend to be healthier than formula-fed babies. For example, breastfeeding may help protect your baby from developing allergies, protects your baby from developing illnesses, and protects your child from obesity later in life. Breastfeeding has also been shown to reduce the risk of breast, ovarian, and endometrial cancers for the mother and may even reduce the risk of osteoporosis.

The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for at least the first 6 months of baby's life.

<http://www.healthychildren.org>



Physical Activity

Physical activities are very important for keeping your child healthy. Strive for 30-60 minutes of exercise daily. Playing with other children or with you can help them stay active and maintain a healthier weight.

What are some good Physical Activities?

- Tumbling
- Playing with a ball
- Taking a walk with mom or dad
- Duck Duck Goose
- Flying a kite
- Dancing
- Jumping Rope
- Hide and Seek
- Playing at the playground



What is Screen Time?

Screen time is viewing TV, using video games, tablets or computers. Limit screen time for a 2 year old child or older less than 2 hours each day, which is recommended by the American Academy of Pediatrics (AAP).

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