

**WELCOME  
TO:**





SAN YSIDRO HEALTH CENTER

# Welcome to WIC!

## Your guide for good nutrition and a healthy life

**Good nutrition as life starts means a healthy future for life.**

Good nutrition from the beginning is the foundation for good health. Good nutrition means getting the right foods that offer the necessary calories and nutrients for healthy physical, psychological and social growth and development. This is why providing kids with the right foods from the beginning will promote good health and eating habits in them for life.

When you enroll in WIC, you will receive professional and personalized advising that will guide you in planning a healthy nutrition, one that meets your family's health needs according to your habits and lifestyle. You will surely enjoy the learning process too.



### Welcome to WIC!!

Once you enroll in WIC, you will be provided with the necessary information to help you learn choose the foods and ingredients that will help you learn to cook tasty and nutritious dishes as well as to acquire the habit of buying healthy foods.

The WIC program provides all participants with packets containing information and WIC checks used like vouchers to buy nutritious foods to improve low-income women's health, whether they are pregnant, just gave birth, or are nursing and their children are under five years of age. This is why foods will vary as the baby grows. It is very important that WIC checks be used only by and for the enrollee and that you, please, not try to sell or exchange them.

This yellow packet or folder is your WIC program participant ID and has your ID #, or WIC ID, your name and address; it also will be the folder where WIC checks will be stored to buy healthy foods.



**WIC checks will help you fill up your shopping cart with the necessary nutrients for your baby and your family.**

Now you can use your WIC checks at any WIC-authorized store but you must remember that in order to be able to use them, you'll need to have your "WIC ID" .

### Steps to Follow When Using WIC Checks

Before heading for the store, and as you make your grocery list, check which foods you will need from those on your WIC checks. Check that they haven't expired and separate them from the other ones in your yellow folder along with the WIC shopping guide.

## Let's Go Shopping!!

To help you find products for your coupons, you can look for the product brands on the WIC food guide and the foods with the WIC logo on



store shelves. Once you find them, check the allowed weight and amounts and, when you add them to your cart, try to keep WIC foods separate from other foods.



## When You Pay

When it is time to pay, let the cashier know that you will be using WIC checks. All checks include an authorized amount, which should not be exceeded, indicated

with the words  
"MUST NOT Exceed \$".



If the product costs more than the authorized amount, the cashier will return it and may offer to exchange it for the authorized product.

When you pay, show the cashier your yellow packet WIC ID and, once the cashier writes down the amount, sign your checks while the teller is watching at you to do it.



## Remember

- You need to use your WIC checks wisely the same way you do with cash.
- WIC will not replace expired, lost or stolen checks.
- If you lose your WIC ID, you need to replace it immediately by calling your WIC office to have it replaced.

For more information on the WIC program and WIC checks, call the

**WIC San Ysidro Health Center at 619- 426-7966**

If you do not know your WIC office's phone number, you may call the WIC Supplemental Nutrition Program at the California Public Health Department at its toll free number: 1-800-942-9675.



## TIPS to be a Smart Shopper!

### • Save by buying in bulk.

If you calculate the cost of the biggest item, you will see it is cheaper than buying several small ones. If your budget permits it, buy the biggest item and divide it to prepare it in parts. The products with these savings are usually in a special section of the supermarket. These are the products you should consider when making your grocery list after having checked that you don't have any left in your pantry and are planning to use them.

### • Take advantage of sales.

Usually, there are many good sales on products that you don't need and that, if you do buy, you will probably not use them. So it is a good idea to take the time to check coupons and sales on the items on your list and that are products you normally use at home.

### • Don't go shopping when hungry.

The number one rule to save when shopping is to go after eating! If you go on an empty stomach, you will most likely shop according to your cravings instead of your shopping list. It also is very likely that when you get home you will serve yourself some food and eat it quickly and in excess. You may even forget to buy what was actually on the list.

As you can see, it is easy to save when you make a goal of it. It's simply a matter of looking for different options and recipes and using your creativity to always have attractive and tasty dishes on your table, in addition to being "healthy" ones.

### • Take the challenge!

We invite you to try these tips that will please the entire family. Your family will eat healthy and, above all, you will save money when you shop and cook!