



OREGON WIC PROGRAM

WIC Myth Busters Information Sheet for Partners

This information is for WIC program partners and social service agency staff, to assist with client questions when referring to the WIC Program.

Eligibility

- **Do participants need to have a Social Security Number?**
No. WIC does not ask for or verify a WIC participant's Social Security Number.
- **What information do people bring to sign up for WIC?**
 - Proof of income (W2, pay stubs for 30 days, foster child/parent place letter)
 - Proof of ID (drivers license, work/school ID, pay stub, immunization record or birth certificate for kids)
 - Proof of residence (Oregon ID or drivers license, utility bill, bank statements, rent receipt).
- **How does adjunct income eligibility work in WIC?**
Participants who can show proof of active enrollment in OHP, SNAP, or TANF qualify for WIC regardless of household income. Examples of proof of enrollment are the OHP enrollment letter, the SNAP award letter or the TANF Notice of Approval or Change Notice letter.
- **How often does WIC verify eligibility? (This involves checking proof of identification, residence and income, or participation in OHP, SNAP or TANF)**
 - Pregnancy: Once at enrollment
 - Postpartum: Once at the first visit after delivery
 - Infants and Children: At enrollment, at 12 and 18 months, then once a year
- **Do working families qualify for WIC?**
Yes, if income eligible. 75% of WIC families work. WIC income guidelines are 185% of the federal poverty level. Go to the [WIC eligibility guidelines](#) for specifics.
- **Is a family only eligible until baby is one year old?**
No. Children are eligible for WIC until their 5th birthday.
- **Do participants need to have legal immigration status if born outside of the U.S.?**
No. Citizenship or legal status is not required to receive WIC services.
- **Does WIC verify the legal status of participants or participating child's parents?**
No. WIC does not ask for, or verify, the legal status of participants or participant's parents.
- **Does enrolling in WIC affect a participant's immigration process?**
WIC was not included in the former Public Charge rule. WIC participation does not, at this time, impact an immigrant's ability to establish legal citizenship.
- **Can foster parents, legal guardians or relative caregivers enroll children in their care in WIC?**
Yes. WIC benefits can be issued to the guardian for each child. Children must be under 5 years of age. Proof of guardianship may be required.
- **Does a pregnant person have to wait until the baby is delivered to sign up for WIC?**
No! WIC will enroll any income-eligible, pregnant person.

This document is courtesy of Clackamas County Public Health WIC



WIC Benefits

- **How are WIC benefits issued?**

WIC benefits are issued on an eWIC card that is easy to use and works like the Oregon Trail card.

- **Is it hard to check the balance of WIC benefits?**

No. WIC has an app! Balances can be checked quickly by using the [WIC Shopper app](#) or it can be accessed online at www.ebtedge.com

- **Do WIC and SNAP work the same?**

Not exactly. WIC is a public health, nutrition education and breastfeeding support program. WIC provides specific, healthy foods for women, infants or children to promote healthy pregnancies, successful breastfeeding, and provide healthful foods in the first 5 years of life. SNAP food benefits are for all ages and allow clients to buy most food items in the grocery store. WIC visits are more frequent (every 3 to 6 months) to check growth and iron status.

- **Will enrolling in WIC affect a participant's SNAP benefits?**

No. WIC and SNAP are separate programs. Enrolling in WIC will not change a participant's SNAP benefits.

Nutrition Education

- **Is whole milk better than low fat milk?**

Whole milk contains more fat than other types of milk. This fat supports growing brains of very young children but is not recommended for children over 2 years. WIC provides whole milk to children up to age 2, and then switches to 1% or fat free milk. Lower fat milk has the same amount of vitamin D and calcium as whole milk.

- **Why are there specific WIC approved foods?**

Each person using WIC gets certain foods which are chosen for a specific health benefits to support growth. Pregnant and breastfeeding people need more calories, and therefore have additional foods. Current WIC foods include fruits, veggies, whole grains, cereal, tortillas, milk, eggs, yogurt, cheese, baby food, peanut butter, infant formula and beans. Tofu, soy beverages and gluten free options are available for those with special diet needs.

- **Do participants need to come to WIC every 3 months for nutrition education appointments?**

Most WIC participants can do online education lessons to minimize trips to the WIC office. When participants complete their lesson, they text, call or email the WIC office and will be issued food benefits without coming into the office.

Other

- **Does WIC keep a list of non-vaccinated children?**

No. WIC asks about vaccination status for infants and children and offer referrals, if needed.

- **Why does WIC check iron levels?**

Low iron is a common risk factor during periods of rapid growth such as pregnancy and early childhood. WIC screens for low iron and offers referrals and nutrition education to keep families healthy.



Oregon WIC Program website: [**healthoregon.org/wic**](http://healthoregon.org/wic)

This document is courtesy of Clackamas County Public Health WIC.

Updated in 2024

