



Office of Safety, Health & Nutrition  
Jennifer Miller  
Director

Susan Tave Zelman

Superintendent of Public Instruction

**CHILD AND ADULT CARE FOOD PROGRAM  
FISCAL YEAR 2005  
POLICY MEMORANDUM**

TO: CACFP Institutions  
FROM: Sheri Roe, CACFP Interim Assistant Director  
DATE: August 17, 2005  
SUBJECT: Distribution of Women, Infants and Children (WIC) Program Information

EXEMPT PROGRAMS: Outside School Hours Centers, Youth Development Programs, After School At Risk Programs and Adult Day Care Centers are exempt from having to distribute WIC information.

**STATE AGENCY RESPONSIBILITIES**

The State Agency must provide on an annual basis to CACFP child care centers and family child care institutions the following information about the Special Supplemental Nutrition Program for Women, Infants and Children (WIC):

- Basic information about the importance and benefits of WIC
- State income eligibility guidelines for WIC
- Contact information for the State Agency WIC Program
- Listing of local WIC agencies in the state

The State Agency must ensure that CACFP centers, family child care homes and the parents of enrolled children receive this information on an annual basis.

**CHILD CARE AND FAMILY CHILD CARE INSTITUTION RESPONSIBILITIES**

All child care and family child care institutions must ensure that the information provided to them by the State Agency is distributed to the parents of enrolled children at the time of enrollment and on an annual basis.

Attached is a copy of the WIC information that institutions/agencies must distribute to centers and providers. Centers and providers must then provide this information to parents of enrolled children. It is recommended that this WIC information be included in their enrollment packet and also provided annually to all enrolled children. Copy as needed.

Source: USDA FNS Memo 4/14/1999; 7 CFR 226.6(r) and 226.15 (n)



## **OHIO WIC PROGRAM**

### **WHAT IS WIC?**

The special Supplemental Nutrition Program for Women, infants, and Children (WIC) helps income eligible pregnant and breastfeeding women, women who recently had a baby, infants and children who are at medical or nutritional risk.

### **WIC HELPS TO:**

- Improve pregnancy outcomes by providing or referring to support services necessary for full-term pregnancies
- Reduce infant mortality by decreasing the incidence of low birth weight
- Increase breastfeeding rates among newborns
- Give infants and children a healthy start in life by providing nutritious food

WIC was established by Public Law 92-433 and began in 1974. WIC is carried out by the United States Department of Agriculture at the national level and by the Ohio Department of health at the state level.

### **HIGHLIGHTS!**

- The Fiscal year 2003 appropriation for WIC was over \$4.5 billion nationwide.
- WIC participation averaged more than 7.4 million people each month in the U.S. since 2000.
- In Ohio, 76 local WIC projects served 255,805 women, infants and children in 2003.
- Ohio is among the ten largest WIC programs in the U.S., operations 230 local clinics throughout all 88 counties in Ohio.

### **WIC SERVICES**

WIC provides:

- Highly nutritious foods such as iron-fortified infant formula, milk, eggs, juice, cereal, and peanut butter
- Nutrition educational, breastfeeding education and support
- Referral to prenatal and pediatric health care and other maternal and child health and human service programs such as Medicaid, Food Stamps, Head Start, child and Family Health Services, and Children with Medical Handicaps.

## **WIC WORKS!**

Since its beginning in 1974, the WIC program has earned the reputation of being one of the most successful federally-funded nutrition programs in the United States, protecting and improving the health and nutritional status of low income women, infants, and children. Some of these improvements are highlighted as follows:

- WIC foods are high in one or more of the following nutrients: protein, calcium, iron and vitamins A or C. These are the nutrients frequently lacking in the diets of the program's low-income target population.
- Birth outcomes and savings in health care costs
- Nutrition and diet related outcomes
- Infant feeding practices including breastfeeding rates
- Immunization rates and regular source of medical care
- Cognitive development

## **WHO PROVIDES WIC FOOD?**

The Ohio WIC program touches many communities throughout Ohio and is in partnership with over 1,380 retail vendors. These vendors, including chain supermarkets, convenience stores, and grocery stores, accept WIC coupons in exchange for authorized foods. During 2003, the WIC program processed over 9, 7 million coupons, valued at over \$142 million.

Ohio WIC is working to convert all vendors currently receiving payment via check to Electronic Funds Transfer (EFT).

## **EBT: USING NEW TECHNOLOGY**

Currently, WIC participants receive coupons that can be redeemed at retail food stores for specific foods that are rich sources of the nutrients frequently lacking in the diet of low-income mothers and children.

EBT (Electronic Benefit Transfer) is an electronic system that allows recipients to authorize transfer of the government benefits from a federal account to a retailer account to pay for products received. EBT is currently being used in many states; including Ohio, to issue Food Stamps and other benefits. Ohio WIC has been testing the use of EBT technology in place of coupons since October 2000 in Montgomery County.

## **OHIO WIC PROGRAM PROFILE**

### **FACTS ABOUT WIC**

- One of the largest in the Midwest – among the ten largest WIC Programs in the United States
- 100% federally funded
- Operates in all 88 counties in Ohio
- In Ohio, of all eligible women, infants and children, the WIC program is estimated to serve about 70 percent
- Participants use WIC coupons at grocery stores to purchase nutritious food items prescribed to improve their diet and health
- Typical woman participant receives 5 gallons of milk, 2 pounds of cheese, 2 dozen eggs, 2 boxes of iron-enriched cereal, 2 gallons of juice and 1 jar of peanut butter or one pound of beans each month
- Typical formula fed infant receives 31 cans of iron-fortified formula, while breastfeeding infants and mothers receive special food packages
- Typical child received 4 gallons of milk, 1 pound of cheese, 1 dozen eggs, 2 boxes iron-enriched cereal, 1 gallon of juice and 1 jar of peanut butter or one pound of beans each month
- Average monthly food package cost of \$30.64 per person

### **FARMER'S MARKET NUTRITION PROGRAM**

The WIC Farmer's Market Nutrition Program is a dual purpose program which benefits both WIC participants and farmers. In the program, WIC participants are given six \$3 coupons with which to purchase fresh fruits and vegetables at their local farm markets from authorized farmers.

During fiscal year 2003, Ohio received \$393,964 in federal funding and contributed an additional \$168,842 in state administrative support which allowed 24,710 participants to receive farmers' market benefits. In all, 219 farmers, 85 markets and 90 farm stands were authorized in 30 counties in Ohio.

### **WHO IS ELIGIBLE?**

- Pregnant or breastfeeding women; women who recently had a baby, infants birth to 12 months; and children 1 to 5 years.
- Residents of the State of Ohio
- Determined by WIC health professionals to be at medical/nutritional risk
- Income below or at 185% of Federal Poverty Income Guidelines

**WIC Income Eligibility Guidelines  
(Effective from April 1, 2005 to March 31, 2006)**

<b>48 Contiguous States, D.C. Guam and Territories</b>			
<b>Family Unit</b>	<b>Annual Income</b>	<b>Monthly Income</b>	<b>Weekly Income</b>
1	17,705	1,476	341
2	23,736	1,978	457
3	29,767	2,481	573
4	35,798	2,984	689
5	41,829	3,486	805
6	47,860	3,989	921
7	53,891	4,491	1,037
8	59,922	4,994	1,153
Each Add'l Member Add	6,031	503	116

**HOW TO APPLY FOR WIC?**

Contact the WIC State or Local agency serving your area to schedule an appointment. You will be advised about what to bring to the WIC appointment to help determine eligibility.

Bureau of Nutrition Services  
Ohio Department of Health  
Division of Family & Community Health Services  
246 North High Street  
P.O. Box 118  
Columbus, Ohio 43216-0118

Telephone: (614) 644-8006  
Toll-Free in-state 1-800-755-GROW or 1-800-755-4769  
Fax: (614) 728-2881  
Email: [OHWIC@GW.odh.state.oh.us](mailto:OHWIC@GW.odh.state.oh.us)  
Website: [HTTP://www2.odh.ohio.gov/ODHprograms/WICN/wic1.htm](http://www2.odh.ohio.gov/ODHprograms/WICN/wic1.htm)

WIC clinics are located in all 88 counties in Ohio. Applicants can call the Help Me Grow Helpline at 1-800-755-GROW (4769) for specific clinic locations. A list of local WIC agencies in Ohio is attached.

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# Building For the Future

This day care facility participates in the Child and Adult Care Food Program (CACFP), a Federal program that provides healthy meals and snacks to children receiving day care.

Each day more than 2.6 million children participate in CACFP at child care homes and centers across the country. Providers are reimbursed for serving nutritious meals which meet USDA requirements. The program plays a vital role in improving the quality of day care and making it more affordable for low-income families.

Meals CACFP homes and centers follow meal requirements established by USDA.

Breakfast	Lunch or Supper	Snacks (Two of the four groups:)
Milk Fruit or Vegetable Grains or Bread	Milk Meat or meat alternate Grains or bread Two different servings of fruits or vegetables	Milk Meat or meat alternate Grains or bread Fruit or vegetable

## Participating

Facilities Many different homes and centers operate CACFP and share the common goal of bringing nutritious meals and snacks to participants. Participating facilities include:

**Child Care Centers:** Licensed or approved public or private nonprofit child care Centers, Head Start programs, and some for-profit centers.

**Family Child Care Homes:** Licensed or approved private homes.

**After School Care Programs:** Centers in low-income areas provide free snacks to School-age children and youth.

**Emergency Shelters:** Programs providing meals to homeless children.

Eligibility State agencies reimburse facilities that offer non-residential day care to the following children:

Children age 12 and under,

Migrant children age 15 and younger, and

Youths through 18 in after school care programs in needy areas.

## Contact

Information If you have questions about CACFP, please contact one of the following:

### Sponsoring Organization/Center

Wright Field North  
Child Development Center  
3155 Q Street  
Bldg 630, Area B  
Wright-Patterson AFB, OH 45433  
937-255-6355 or 6254

Ohio Department of Education  
CACFP Consultant  
25 S. Front Street, Third Floor  
Columbus, OH 43215-4183  
1-877-644-6338

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