

# WIC Helps: Grandparents Raising Grandchildren

WIC serves pregnant, postpartum, breastfeeding women and children under 5 years of age. Grandparents, kinship relatives, foster parents or other guardians may apply for WIC for their children. WIC is here for Grandparents with WIC eligible children.

## What is WIC?

WIC is a Special Supplemental Food Program that provides nutrition counseling and education, supplemental foods, breastfeeding promotion and support, and referrals to health care to eligible families.

## Nutrition Education & Breastfeeding Support

WIC provides nutrition education and breastfeeding support to help families be healthy. WIC has nurses, nutritionist and registered dietitians who provide nutrition education to address your family's needs.

## Healthy Foods

WIC provides foods with important vitamins and minerals to help your child grow and develop. Your child may receive:

- Infant Formula
- Milk, cheese, Yogurt
- Vitamin C-rich juices
- Iron-rich cereals
- Eggs
- Dried beans or peanut butter
- Whole grains
- Fruits and vegetables

## Referrals

WIC can help you find regular health care and childhood vaccines, and referrals for other services, if needed.

## Does my child qualify for WIC?

You can contact your local WIC office or visit the WIC Prescreening Tool to check to see if your child may be eligible.

[WIC PreScreening Tool \(usda.gov\)](https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml) at

<https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>

## Make an appointment with your WIC office

Contact your local WIC Office in your area or your local health department to see if you qualify.

During Your Appointment, WIC Staff will:

- Ask for your and your child's identity and proof of Kentucky residence.
- Ask for proof of custody, court papers, foster care placement or guardianship, or proof child is living in your home.
- Ask your household income to see if you meet income guidelines. You may meet these if you show proof of any of the following:
  - \* A household member or your child receive SNAP, KTAP, or Medicaid, or
  - \* A pregnant woman or infant in your household receives Medicaid, or
  - \* Your child is a foster child, or
  - \* Have a household income equal or less than 185% of the U.S. Poverty Income Guidelines.
- Do a simple health and diet screening to see if your child has a nutritional or health risk.

Your local WIC Office can provide you more details on what to provide for your appointment, just ask!

## Where do I Find WIC Services?

[Contact your local WIC office](#) to apply for WIC. You may also find your local WIC office by contacting the Kentucky State WIC Office at 1-877-597-0367.

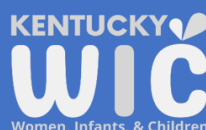
## Need help?

If you have difficulty understanding or reading English or have a disability, free language assistance or other aids and services are available upon request. Please contact your local WIC clinic or the State WIC Office at 1-877-597-0367. If you have a disability and need assistance calling us, contact the State Relay Number at 711 or for TTY to voice, call 800-648-6056.

More Information about WIC and WIC's Nondiscrimination Statement can be found at [WIC - Cabinet for Health and Family Services \(ky.gov\)](#) or <https://chfs.ky.gov/agencies/dph/dmch/nsb/Pages/wic.aspx>

[chfs.gov/agencies/DPH](https://chfs.gov/agencies/DPH)

**WIC Helps | Resources**



This institution is an equal opportunity provider.



**Kentucky Public Health**  
Prevent. Promote. Protect.