How to Apply:

Call the WIC local agency nearest you to make an appointment. The telephone listing is on the back of this brochure. Or, call 586-8175 (Oahu) for help. On the Neighbor Islands, call toll-free, 1-888-820-6425.

For your first WIC appointment, please bring:

1. **Proof of income**
   - For example, pay stubs, leave and earnings statement (LES), or medical benefit papers.

2. **Proof of identity**
   - For example, driver’s license or state identity card.

3. **Proof of Hawaii address**
   - For example, utility bill, rent receipt, or driver’s license.

4. **Your baby and/or children who need WIC**

5. **Your baby and/or children’s shot record**

At the appointment, WIC staff will check height, weight, diet, and the need for a simple blood test.

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**Call Today to Apply**

Many people qualify for WIC but don’t know it. Call the Hawaii WIC program nearest you to see if you qualify.

**WIC Local Agencies**

**Oahu**

- Kalihi–Palama WIC Program 841-0011
- Kapiolani WIC Program 983-8531
- Kokua Kalihi Valley WIC Program 791-9444
- Leeward WIC Program 675-0365
- Pearl City WIC Program 453-6511
- Wahiawa WIC Program 622-6458
- Waianae WIC Program 697-3301
- Waimanalo WIC Program 259-7940
- Windward WIC Program 233-5470

**Neighbor Islands**

- Bay Clinic WIC Program (Hawaii) 965-3030
- Hilo WIC Program 974-4270
- Kona WIC Program 322-4888
- Kauai WIC Program 241-3080
- Lanai WIC Program 563-0029
- Malama I Ke Ola WIC Program (Maui) 872-4034
- Maui WIC Program 984-8225
- Molokai WIC Program 660-2614

On Oahu, call: 586-8175

Neighbor Islands: 1-888-820-6425

Visit our website for more information and clinic locations: [http://health.hawaii.gov/wic](http://health.hawaii.gov/wic)

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A free health and food program for women, infants, and children

David Ige, Governor
Virginia Pressler, M.D., Director of Health

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USDA is an equal opportunity provider and employer.

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07/01/2015
What Is WIC?

WIC, the Women, Infants, and Children program that helps pregnant women, mothers with infants, and young children eat well, be active and stay healthy.

WIC offers families:

- **Nutrition and health education.** WIC will answer your questions about what to eat for a healthy pregnancy and help you plan family meals and snacks.
- **Education and support for moms who breastfeed.** WIC has specially trained staff to answer your breastfeeding questions. Ask for more information about our breast pump loan program.
- **Checks to buy healthy foods such as:**
  - Milk
  - Fruits and vegetables
  - Juice
  - Eggs
  - Cheese
  - Cereal
  - Dry beans or peas
  - Peanut butter
  - Canned tuna or salmon
  - Whole grain breads, tortillas, or brown rice
  - Baby foods
  - Infant formula
  - Tofu and soy milk
- **Help in finding health care and other community services.**

You can participate in Hawaii WIC if you:

- Are pregnant, breastfeeding, or had a baby in the last 6 months, or have children under 5 years old, including those cared for by a single father, grandparents, foster parent, step-parent, or guardian, and
- Live in Hawaii (includes military families, immigrants, and foreign students), and
- Have a household income matching the guidelines in the box below OR already receive TANF, SNAP, QUEST or Medicaid.

### Effective July, 1 2015 to June 30, 2016

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- Households larger than eight, please visit our website for additional income information.
- Count your unborn baby as an additional family member. For example, add two to your family size if you are expecting twins.
- Income criteria is provided as a general guideline. Family household income will be reviewed at clinic appointment.