

The New Jersey WIC Program is pleased to announce . . .

The *All About New Jersey WIC Fact Sheet* is now available in thirteen languages to meet the diverse language needs of New Jersey communities.

Languages available:

Arabic	Korean
Bengali	Polish
Burmese	Portuguese
Chinese	Spanish
Gujarati	Telugu
Haitian Creole	Vietnamese
Hindi	

Find answers to common questions like:

- **Who is eligible for WIC?**
- **What are the valuable program benefits?**
- **What foods are provided monthly and what is the cost savings?**

Download: <https://www.nj.gov/health/fhs/wic/home/about.shtml>

Or contact your local WIC Program for print copies while supplies last

Find the WIC Program in your neighborhood:

<http://nj.gov/health/fhs/wic>

or phone 1-800-328-3838



Learn more: <http://nj.gov/health/fhs/wic> or call: 1-800-328-3838

Who is eligible for WIC?

- ◆ Pregnant women
- ◆ Breastfeeding mothers of infants up to 12 months old
- ◆ Mothers of infants up to 6 months old
- ◆ Infants and children up to 5 years old
(Must live in New Jersey, and meet income guidelines)

What are the WIC benefits?

- ◆ Access to healthy food
- ◆ Nutrition education
- ◆ Breastfeeding guidance
- ◆ Referrals to community support

What's in the monthly food package?

Each participant receives healthy WIC foods worth about \$60.00 per month. Choices include:



❖ Whole Grains

Whole Wheat Bread
Brown Rice
Whole Wheat Pasta
Whole Wheat/Corn Tortillas
Breakfast Cereals

❖ Protein

Eggs
Peanut Butter
Dry and Canned Beans
Tofu

❖ Vegetables/ Fruits

Fresh
Frozen
Canned
Juice

❖ Dairy

Milk
Soy Milk
Cheese
Yogurt

❖ Infant

Infant Cereal
Baby Food Vegetable
Baby Food Fruit
Infant Formula

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

