

Kentucky



WIC-Approved Foods
10/01/2021-9/30/2023

Welcome to WIC!

What does WIC provide?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides at no cost:

- ✓ Healthy foods like, milk, cheese, yogurt, cereal, whole grains (bread, tortillas, brown rice, & pasta), juice, eggs, peanut butter, beans, fruits, and vegetables.
- ✓ Nutrition education
- ✓ Infant feeding information
- ✓ Healthcare referrals
- ✓ Breastfeeding support



Who is eligible?

Applicants must meet these requirements:

Category (be a woman, infant or child)

- Pregnant women
- Women who have delivered a baby or miscarried in the past 6 months
- Breastfeeding women until their baby is 1 year old
- Infants and children up to their 5th birthday

Resident (must live in State where they apply)

Income (must meet income guidelines)

KY WIC Shopping Tips

- Take your KY WIC Shopping List with you.
- If you have a smartphone, use the free WIC Shopper app to scan foods. Be sure to register your eWIC card with the app so you can check your benefits from your phone.
- Make sure the foods you buy are on your KY WIC Shopping List.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.
- Coupons and store promotions can be used with your KY eWIC card.
- If using multiple forms of payment, use your KY eWIC card first.
- Your receipt will list the remaining food benefit balance.



Cereal

10 ounces or larger

B & G Foods

- Cream of Wheat Instant
- Cream of Wheat Whole Grain#
- Cream of Rice
- Cream of Rice Instant
- Cream of Wheat 2 1/2 Minute
- Cream of Wheat 1 minute



General Mills

- Cheerios#
- Multi-Grain Cheerios#
- Cheerios Ancient Grains#
- Fiber One Honey Clusters#
- Wheaties#
- Corn Chex
- Rice Chex
- Wheat Chex#
- Kix#
- Honey Kix#
- Berry Berry Kix#
- Total#



Cereal

Kellogg's

- All Bran Complete Wheat Flakes#
- Corn Flakes
- Rice Krispies
- Frosted MiniWheats Strawberry#
- Frosted Mini-Wheats Cinnamon Roll#
- Frosted Mini Wheats Original#
- Frosted Mini Wheats Little Bites#
- Frosted Mini-Wheats Blueberry#



Post

- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats with Vanilla Bunches#
- Honey Bunches of Oats Whole Grain Honey Crunch
- Whole Grain Honey Crunch#
- Grape Nuts Original#
- Grape Nuts Flakes



Quaker

- Original Instant Oatmeal#
- Life Original#
- Oatmeal Squares Golden Maple#
- Oatmeal Squares Brown Sugar#



Malt-O-Meal

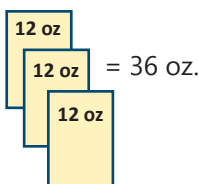
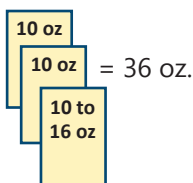
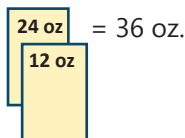
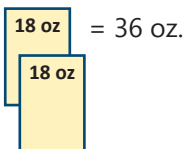
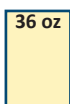
- Crispy Rice
- Frosted Mini Spooners#
- Original Hot Wheat Cereal
- Strawberry Frosted Mini Spooners#



NO Cereals not listed
NO Organic Cereals

Whole grain cereals are denoted with # symbol

To buy 36 ounces of cereal



Juice

Unsweetened 100% Fruit/Vegetable

100% Frozen Fruit Juice 12 ounce (makes 48 ounces)

Any brand - Grapefruit or Orange
Seneca - Apple
Old Orchard - Any Flavor



Can or Plastic 100% Fruit Juice 48 or 64 ounce

Any Brand - Grapefruit or Orange
Apple - Seneca, Mott's
Apple & Eve- Any Flavor
Pineapple - Libby's
Juicy Juice - Any Flavor
Northland- Any Flavor
Old Orchard 100% Juice - Any Flavor
Welch's- 100% Grape Juice (No other varieties)

Can or Plastic 100% Vegetable Juice 64 ounce

Tomato Juice

Campbell's

Campbell's Low Sodium

Vegetable Juice

V-8

V-8 Low Sodium

Purchase size shown on EBT shopping list

YES Added calcium

Not allowed

NO 46 ounce juice

NO 11.5 ounce juice

NO Other juices or fruit drinks

NO Organic juice

NO Cocktails

NO V8 Lite, Splash, or Fusion

NO DHA, prebiotics, or artificial sweeteners

NO Juice made with coconut water

Milk



**Fat-Free/Skim
Low Fat (1%)
Reduced-Fat
Whole**

Acidophilus &/or bifidum (A/B), lactose free and powdered milks are allowed if shown on EBT shopping list

YES Added calcium

Not allowed

NO Flavored milk, Goat's milk, Buttermilk, Vitamite 100, Rice, Almond, or Evaporated milk

NO Organic milk

NO Added plant sterols, sterols, DHA, ARA &/or Omega 3

Soy Milk

Half-gallon or quart size container

To purchase soy milk, it must be shown on EBT shopping list

Approved Soymilk

Silk Soy
Original



8th Continent
Original



NO other soy milk is authorized.

Milk

WIC Cuts the Fat to 1% or Less Milk



For women and children
2 years and older.

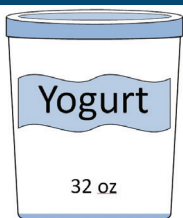
- Fewer Calories for a healthier weight.
- Less saturated fat for a healthier heart.
- More calcium for strong bones, teeth and healthy blood pressure.
- Same or more amounts of vitamins A and D.



Yogurt

32 oz Tub

Purchase type shown
on EBT shopping list



Whole milk yogurt

Dannon

- Whole Milk Plain
- Whole Milk Vanilla
- Whole Milk Strawberry



Kroger

- Whole Milk Plain
- Whole Milk Vanilla



Meijer

- Whole Milk Plain



Low fat and fat free yogurt

Best Choice

- Nonfat Plain
- Low Fat Vanilla
- Strawberry Low Fat



Coburn Farms

- Low Fat Plain
- Low Fat Vanilla



Dannon

- Nonfat Plain
- Low fat Strawberry
- Low fat Strawberry Banana
- Low fat Plain
- Low fat Vanilla



Essential Everyday

- Fat Free Plain
- Plain Low fat
- Peach Low fat
- Strawberry Low fat
- Vanilla Low fat



Yogurt

Low fat and fat free yogurt

Food Club

- Fat Free Plain
- Low fat Vanilla
- Strawberry Low fat



Food Lion

- Plain Nonfat
- Vanilla Low fat



Great Value

- Nonfat Plain
- Low fat Vanilla
- Low fat Strawberry Banana
- Low fat Strawberry
- Low fat Peach



Kroger

- Fat Free Plain
- Blended Low fat Plain
- Blended Low fat Vanilla



Meijer

- Plain Nonfat
- Plain Low fat
- Low fat Strawberry Banana
- Low fat Strawberry
- Low fat Vanilla



Morning Fresh

- Nonfat Plain
- Low fat Vanilla



Our Family

- Nonfat Plain
- Nonfat Vanilla
- Nonfat Strawberry
- Vanilla Low fat
- Peach Low fat
- Strawberry Low fat
- Low fat Blueberry



Yoplait

- Original Vanilla Low fat
- Original Strawberry Banana Low fat
- Original Strawberry Low fat
- Original Harvest Peach Low fat



Yogurt- Multipacks

Low fat and fat free yogurt

Multipacks- Must equal 32 oz.



Yoplait Yogurt Cups

Box of 8 - 4 oz. Cups

Go-Gurt

Box of 8 - 2 oz. Tubes

Box of 8 - 4 oz. Tubes

Box of 16 - 2 oz. Tubes



Activia

Pack of 4 - 4 oz. Cups
(Lactose Free Available)

To buy 32 ounces of Yogurt

32 oz

8 - 4 oz = 32 oz.

16 - 2 oz = 32 oz.

8 - 2 oz + 8 - 2 oz = 32 oz.

4 - 4 oz + 4 - 4 oz = 32 oz.

Not allowed

NO Organic

NO Greek or strained yogurt

NO Artificial sweeteners (NO Light & Fit, Carb Master)

NO Drinkable yogurt bottles or frozen yogurt

NO Mix-in ingredients such as granola, candy pieces, honey, or nuts

Cheese

**Block, Crumbled, Cubed, Sliced,
Shredded, or String
8 or 16 ounce packages only**

Brick
Cheddar
Colby
Monterey Jack

Mozzarella
Muenster
Provolone
Swiss



YES Variety packs/blends, low cholesterol, low or reduced-fat, nonfat, fat-free, added calcium and low sodium

Not allowed

NO Deli cheese of any type

NO American cheese

NO Cheese food, cheese product, cheese spread, pasteurized processed cheese, imitation cheese

NO Added pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked)

NO Organic cheese

NO Added probiotics (e.g., Live Active, etc.)

Eggs

**Grade A - White - Dozen only
Size - Small, medium or large**



YES Cage Free

Not allowed

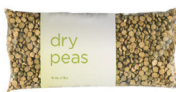
NO Organic, free range, low cholesterol, antibiotic free, vegetarian-fed hen, multigrain diet fed, and no growth hormone

NO Added Omega 3 or other fatty acids

NO Brown eggs

Dried Beans & Dried Peas

Any Brand
Dried - 16 ounce bag OR
Canned - 15 to 16 ounce



Any plain bean or pea. Some examples include:

Black
Black-eyed
Garbanzo
Great Northern
Kidney
Lentils

Mixed
Navy
Pinto
Red
Speckled

YES Mixed beans (pinto and Great Northern, etc.)

YES Regular or low sodium

Not allowed

NO Added meats, flavorings, sauces, spices/seasoning, fats, sugars, or oils

NO Organic or baked

NO Canned green beans, green peas, or waxed beans

Peanut Butter

Any Brand
16 to 18 ounce only



YES Chunky, Creamy, Crunchy, or Extra Crunchy

YES Low sodium or low sugar

YES Natural

Not allowed

NO Low carb

NO Chocolate, marshmallow, artificial sweeteners, jelly, honey, or flavors added

NO Tubes, slices or "To Go" containers

NO Organic peanut butter

NO Reduced Fat

NO Whips

NO Omega 3, flaxseed, or plus

Tofu

8 or 14 to 16 ounce container

<u>Nasoya</u>	<u>House Foods</u>	<u>Azumaya</u>	<u>Simple Truth</u>
Extra Firm	Extra Firm	Firm	Firm
Firm	Firm		
Lite Firm	Regular		
Lite Silken			
Soft			
Super Firm Cubed			



To purchase tofu, it must be shown on EBT shopping list

YES Prepared with calcium/magnesium salts

Yes Organic

Not Allowed

NO Added fats, sugars, oils or sodium

NO Marinated or seasoned tofu

Fish

**Only type and sizes below.
Any brand packed only in oil or water.**

Pink Salmon - 6 & 7.5 ounce cans only

Sardines - 3.75 ounce cans only

Tuna Fish - 5 & 6 ounce cans only



To purchase fish, it must be shown on EBT shopping list

YES Regular or low sodium

Not Allowed

NO White or albacore tuna

NO Organic fish

NO Foil containers

NO Added seasonings, flavors, or dressings

Breastfeeding

Breastfeeding is best for mother and baby.

Mother's milk is the perfect food for your baby. The milk that your body makes to feed your baby is the best food to keep your baby healthy and happy. There are many benefits of breastfeeding your baby.

Benefits for Baby

- ✓ Most complete form of food for your baby.
- ✓ Provides immunities to your baby.
- ✓ Protects baby against Sudden Unexpected Infant Death (SUID), ear infections, obesity, allergies, etc.
- ✓ Babies who are breastfed have less gas, spitting up and colic.

Benefits for Mother

- ✓ Decreased risk of breast and ovarian cancer.
- ✓ Helps you return to pre-pregnancy weight faster.
- ✓ Increases bonding with your baby.
- ✓ Cheaper than bottle feeding.

Is my baby getting enough?

Your baby will need to eat 8-12 times per day. This means your newborn baby needs to eat every 1 ½ to 3 hours. Babies have very small stomachs when they are born.



1 Day Old

5-7 ml

size of marble



3 Days Old

22-27 ml/ 1 oz.

size of strawberry



10 Days Old

60-81 ml/ 2-2.7 oz.

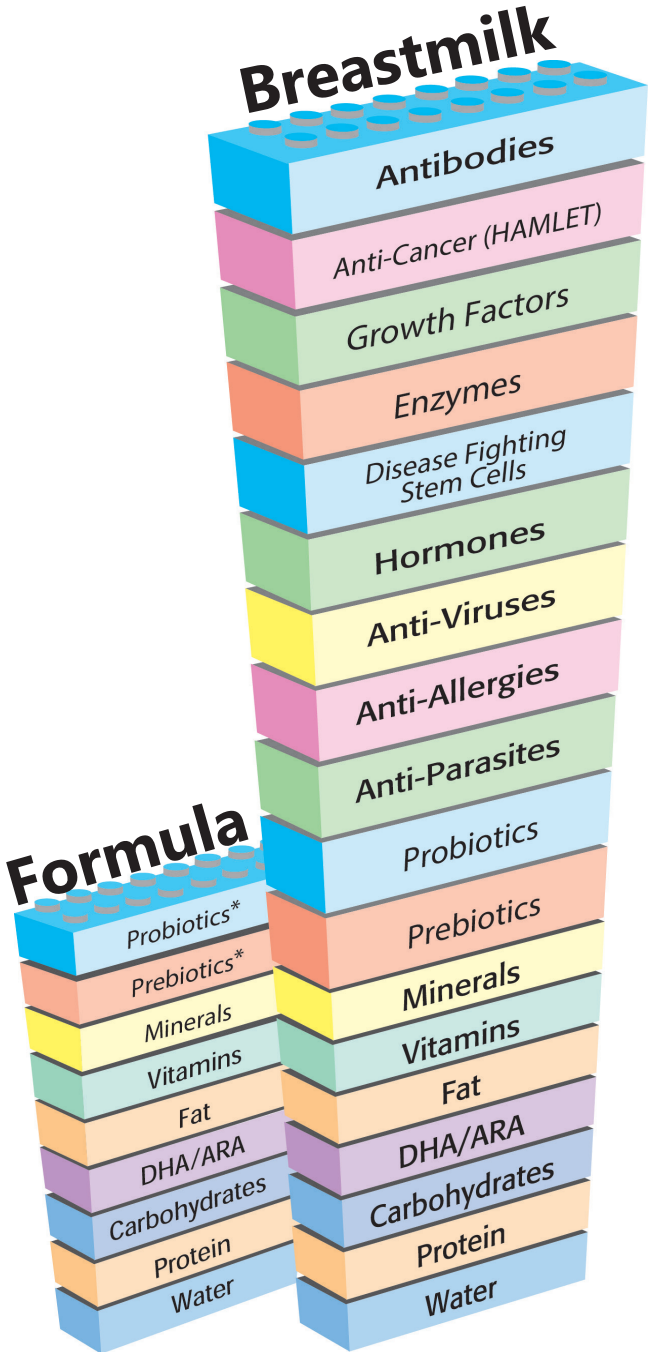
size of an egg

To make sure your baby is getting enough:

- ✓ Monitor your baby's weight gain. Babies should have a ½ to 1 ounce weight gain daily the first 6 months of life. Your baby should be back to birth weight by 2 weeks.
- ✓ Count wet and dirty diapers. Your baby should have 6 or more wet diapers and at least 3 dirty diapers after the first 6 days of life.

Breastfeeding

Breastmilk Has More of the Good Things Babies Need



Whole Grains

100% Whole Wheat & Whole Grain
Bread/Buns
16 ounce size only



Aunt Millie's
Healthy Goodness
100% Whole Wheat



Best Choice 100%
Whole Wheat



Bimbo 100%
Whole Wheat



Bunny
100%
Whole Wheat



Essential
Everyday 100%
Whole Wheat



Food Lion
100% Whole
Wheat



Healthy Life
100% Whole
Wheat



IGA 100%
Whole Wheat



Kern's 100%
Whole Wheat



Kroger 100%
Whole Wheat



Lewis 100%
Whole Wheat



Meijer 100%
Whole Wheat



Nature's Own
Whole Grain
Sugar Free



Nature's Own
Whole Grain
with Honey



Our Family
100% Whole
Wheat



Pepperidge Farm
Light Style Soft
Wheat

Whole Grains

100% Whole Wheat & Whole Grain
Bread/Buns
16 ounce size only



Pepperidge
Farm
Stoneground
100% Whole
Wheat



Pepperidge
Farm Very Thin
Soft 100%
Whole Wheat



Pepperidge
Farm Whole
Grain Seeded
Jewish Rye



Roman Meal
Sungrain
100% Whole
Wheat



Sara Lee
100% Whole
Wheat



Schwebel's
100% Whole
Wheat



Shoppers
Value 100%
Whole Wheat



Wonder 100%
Whole Wheat



Arnold
Whole Wheat
Hamburger
Buns



Arnold
Whole Wheat
Hot Dog Buns



Brownberry
Whole Wheat
Hamburger
Buns



Brownberry
Whole Wheat
Hot Dog Buns

Not Allowed

NO White Bread

NO Organic Bread

NO Additives such as herbs, spices, peppers, cheese, tomatoes or raisins

Whole Grains

100% Whole Wheat Pasta 16 ounce size only - Any Brand



YES Any shape (for example whole wheat rotini, penne, spaghetti, macaroni/elbows, or linguine)

Not Allowed

NO Organic

NO Added cheese, vegetables, sugars, fats, oils, salt (sodium), or other flavorings

NO Egg noodles

NO Pasta meals or canned pasta

NO Gluten free or brown rice pasta

NO Corn flour, chia seed flour, or flax seed

Whole Grains

Brown Rice 14 or 16 ounce only- Any Brand



YES Instant, quick, or regular

Not Allowed

NO Organic

NO Additives such as herbs, spices, peppers, cheese, or tomatoes

Whole Grains

Tortillas 16 ounce package only

Whole Wheat Tortillas

Carlita	Food Lion
Celias	IGA
Kroger	Food Club
La Banderita	Tio Santi
Ortega	Chi Chis
Mission	
Essential Everyday	



Corn Tortillas

Celias	Mission
Don Pancho	Best Choice
La Banderita	Guerrero
La Burrita	Essential Everyday
IGA	Kroger
Our Family	Chi Chi's
Hy-top	



Not Allowed

NO Organic

NO Additives such as herbs, spices, peppers, cheese, spinach or tomatoes

Combine whole grains to equal the amount shown on your EBT shopping list

EXAMPLE: 16 oz. bread + 16 oz. tortilla = 32 oz.

EXAMPLE: 16 oz. bread + 16 oz. pasta = 32 oz.

Fruits and Vegetables

Fresh

YES Whole or cut

YES Organic

Not Allowed

NO Added sugars, fats or oils

NO Ornamental fruits or vegetables such as painted pumpkins or peppers on a string

NO Party trays or fruit baskets

NO Muffins or baked goods

NO Items from the deli

NO Items from salad bar, i.e., potato salad

NO Herbs or spices

NO Sprouts

NO Fruit/nut mixtures

NO Dried fruit or vegetables

NO Canned or pouches

NO Added dressings, croutons, herbs, spices, marinades, etc.

Frozen

YES Any brand, variety, or size

YES Whole, cut or mixed

YES Organic

YES With or without salt

Not Allowed

NO Added sugar, syrup, artificial sweeteners, fats, oils

NO Added meat, pasta, rice, nuts, cheese, butter, herbs, spices, seasonings, marinades, dressings, condiments or sauces

NO French fries or tater tots

NO Breaded or battered vegetables



Fruits and Vegetables

Tips for purchasing fresh fruits and vegetables:

- ✓ Check your grocery store's weekly sales ads.
- ✓ Buy fruits and vegetables that are in season.
- ✓ Do not buy a product that is bruised or damaged.

Estimating cost by using the table below:

Use the following steps to estimate the cost of your purchase:

1. Place the item on the grocery scale.
2. Round the weight up to the nearest pound (lb.) or half pound. Find the number on the top of the chart below.
3. Find the price per pound on the left side of the chart below and follow it to the right until the two meet.

*Note: You will be asked to pay any amount that exceeds your cash value benefit amount.

\$	1 lb	1½ lb	2 lb	2½ lb	3 lb
0.49	0.49	0.74	0.98	1.23	1.47
0.59	0.59	0.89	1.18	1.48	1.77
0.69	0.69	1.04	1.38	1.73	2.07
0.79	0.79	1.19	1.58	1.98	2.37
0.89	0.89	1.34	1.78	2.23	2.67
0.99	0.99	1.49	1.98	2.48	2.97
1.09	1.09	1.64	2.18	2.73	3.27
1.19	1.19	1.79	2.38	2.98	3.57
1.29	1.29	1.94	2.58	3.23	3.87
1.39	1.39	2.09	2.78	3.48	4.17
1.49	1.49	2.24	2.98	3.73	4.47
1.59	1.59	2.39	3.18	3.98	4.77
1.69	1.69	2.54	3.38	4.23	5.07
1.79	1.79	2.69	3.59	4.48	5.37
1.89	1.89	2.84	3.78	4.73	5.67
1.99	1.99	2.99	3.98	4.98	5.97

Infant Foods



Breastmilk is Best.



Formula

Purchase size and type shown on EBT shopping list

Not Allowed

- NO** Whole, Low Fat, Skim, Evaporated, or Goat's milk
- NO** Organic formula
- NO** Oral rehydration fluids or electrolyte solutions, such as Pedialyte

Dry Infant Cereal 8 ounce size only

YES Organic

Not Allowed

- NO** Additives such as fruit, formula, sugar, yogurt, or DHA & ARA
- NO** Cereal in jars or pouches

Infant Foods

Infant Fruits & Vegetables

4.0 ounce size only

Fresh as specified on EBT Shopping List

YES Plain fruit or vegetable combinations such as peas and carrots, apple and banana, or sweet potato and apple

YES Organic

Not Allowed

NO Additives such as sugars, starches, salt/sodium, yogurt, or DHA & ARA

NO "Dinners", desserts, "delights" or puddings

NO Pouches

Infant Meat

2.5 ounce size only

To purchase infant meat, it must be shown on EBT shopping list

YES Plain meats with gravy

YES Organic

Not Allowed

NO Additives such as fruit, vegetable, or DHA & ARA

NO Oil, sugar, onion or garlic

NO Chicken sticks, Turkey sticks, or Meat sticks

NO Gerber Graduates Lil' Meals, Lil' Sides or Lil' Entrees

NO "Dinners"

NO Pouches

Infant Foods

Food Conversions

Infant Cereal

$$\boxed{8 \text{ oz}} + \boxed{8 \text{ oz}} + \boxed{8 \text{ oz}} = 24 \text{ oz.}$$

Infant Fruits and Vegetables

Fully Formula & Partially Breastfed Infant

128 oz. = 32 2-packs of 2 oz.

128 oz. = 32 (4 oz.) jars

128 oz. = 16 2-packs of 4 oz.

Fully Breastfed Infant

256 oz. = 64 2-packs of 2 oz.

256 oz. = 64 (4 oz.) jars

256 oz. = 32 2-packs of 4 oz.

Fresh Infant Fruits and Vegetables

Fully Formula & Partially Breastfed Infant

**\$4 Fresh fruits and vegetables +64 ounces
of jarred infant fruits and vegetables**

64 oz. = 16 2-packs of 2 oz.

64 oz. = 16 (4 oz.) jars

64 oz. = 8 2-packs of 4 oz.

Fully Breastfed Infant

**\$8 Fresh fruits and vegetables +128 ounces
of jarred infant fruits and vegetables**

128 oz. = 32 2-packs of 2 oz.

128 oz. = 32 (4 oz.) jars

128 oz. = 16 2-packs of 4 oz.

Infant Meat

Fully Breastfed Infant

77.5 oz. = 31 (2.5 oz.) jars

DON'T FALL FOR THE TRAP



**SELLING OR TRADING WIC
FORMULA, FOODS OR EWIC
CARDS IS A VIOLATION
THAT COULD RESULT IN
CRIMINAL CHARGES
AND/OR DISQUALIFICATION
FROM RECEIVING FUTURE
BENEFITS.**



Reading the eWIC Receipt

WIC Shopping List

eWIC Receipt	WIC Package Size
Milk	
1.00 gal	1 gallon
.75 gal	1/2 gallon + 1 quart
.50 gal	1/2 gallon
.25 gal	1 quart
Cheese	
1.00 pound	1 pound or 16 oz.
.50 pound	1/2 pound or 8 oz.
Tofu	
1.00 pound	1 pound or 14 to 16 oz.
.50 pound	1/2 pound or 8 oz.
Juice	
1.00 cont	1 container
Cereal	
36.00 ounce	36 ounces (purchase in boxes 10 oz. or larger)
Beans/Peas	
1.00 cont	One 16 - oz. bag OR Four 15 to 16 oz. cans
.75 cont	3 cans
.50 cont	2 cans
.25 cont	1 can
Eggs	
1 dozen	1 dozen

Reading the eWIC Receipt

WIC Shopping List

eWIC Receipt	WIC Package Size
Yogurt	
32.00 ounce	1- 32 oz container or multipack
Peanut Butter	
1.00 cont	1 container 16 or 18 oz.
Whole Grains	
16.00 ounce	1- 16 oz. bread OR 1 - 14 or 16 oz. rice OR 1 - 16 oz. tortilla OR 1 - 16 oz. pasta
Soy Milk	
1.00 gal	2- half gallon cartons
.50 gal	1/2 gallon
Fruit and Vegetables	
9.00 \$\$\$	\$9.00 to purchase fresh/frozen fruits and vegetables

* Fruit and Vegetable Cash Value Benefit amount may vary depending on eligibility.

If you have questions regarding how to read your eWIC Shopping List, please contact your local health department.

WICShopper App

WICShopper can:

- ✓ Tell you if a scanned item is WIC- eligible
- ✓ Tell you what WIC-eligible items are available in **this** store.



Next Steps:

1. Download the WICShopper
2. Launch the app and select your State or WIC authority
3. Shop - scan items to know if they are WIC eligible and on your KY WIC shopping list.



WICShopper App Fruit and Vegetable Calculator

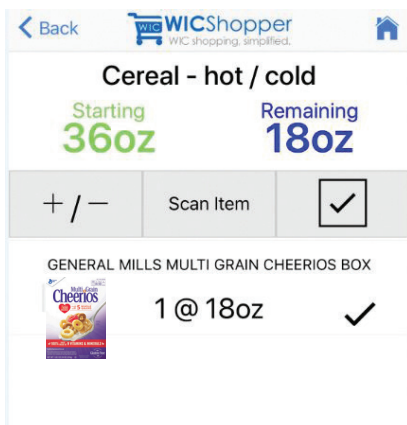
1. Log in to the WIC Shopper App.
2. Select "My Benefits" icon
3. Select "Calculator" option located in the Fruit and Vegetable category.
4. Select "Add Item" icon to enter item name, price per pound (lb), and weight. Total price will be calculated.
5. Select "Add Item" to view your remaining balance.



WICShopper App

WICShopper App Cereal Calculator

1. Log in to the WIC Shopper App.
2. Select "My Benefits" icon
3. Select "Calculator" option located in the breakfast cereal category.
4. Select "scan item" and scan eligible products.
5. If a cereal is WIC Approved, select the green "add" icon. The calculator will update your remaining cereal balance.



To Learn More:
www.EBTShopper.com
or scan this QR Code!



Report Violators of Laws and Regulations of USDA Programs

Criminal Activity, such as:

- Bribery
- Smuggling
- Theft
- Fraud
- Endangerment of Public Health or Safety
- Mismanagement/ Waste of Funds
- Workplace Violence
- Employee Misconduct
- Research Misconduct
- Conflict of Interest

Call 1-800-424-9121 or visit www.usda.gov/oig

The identity of complainants is protected under the provisions of the Whistleblower Protection Act of 1989.

Your Rights

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: http://www.ascr.usda.gov/complaint_filing_cust.html, 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.

**Kentucky WIC Help Desk
(877) 597-0367**



Kentucky Public Health
Prevent. Promote. Protect.

WIC- 40