

UPDATED MAY 2022

Introduction to WIC Module

Practice Activity - A:

1. Review the following pamphlets and video. Highlight, underline, or take note of the information that will be most helpful to share with new participants.
 - [Welcome to WIC Brochure](#)
 - [Welcome to Minnesota WIC Video](#)

Answers are subjective

2. Go to the [Women, Infants & Children \(WIC\)](#) website. From the menu on the left of the webpage, click on “Information for Local Agencies”. Investigate the resources available in this tab.
 - Where would you look for information about upcoming training opportunities?

Answers are subjective but may include:

- [WIC Calendar of Important Events](#)
- [WIC Training](#)
- [Training- WIC Memos](#)

Skill Check - #1

1. What are the four eligibility criteria for participating in WIC?
 - Live in the residential area served by the local agency
 - Be in a category served by WIC
 - Have an income below WIC Income Guidelines
 - Have a Nutrition Risk
2. What four services does WIC provide?
 - Nutrition Education
 - Breastfeeding Education and Support

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- Healthy Foods
 - Referrals to other Health and Social Service Programs
3. Where does the money for WIC services come from?
- The WIC Program is federally funded by the United States Department of Agriculture (USDA).

Practice Activity - B

- Make a list of staff in your clinic and note their responsibilities. Work together with a coworker or your supervisor on this activity. Do you have someone listed for all of the jobs you read about in this section?

Answers are subjective

- Talk to your supervisor about your role in WIC. Where do you fit into the WIC Team?
- Answers are subjective***
- If you work in a WIC Program that is part of a larger organization, talk to your supervisor about how WIC fits into the organization. Take note of people in the larger organization whom you may need to contact.

Answers are subjective

- Ask your WIC supervisor for the name and contact information for your State Consultant. Talk with your supervisor about your WIC role and in which circumstances you might need to contact the state WIC staff.

Answers are subjective

Skill Check - #2

1. Who is your WIC clinic receptionist? Clerk?

Answers are subjective

2. Who in your clinic would answer questions about breastfeeding?

Answers are subjective

3. Who in your clinic would answer questions about a nutrition issue?

Answers are subjective

4. Who in your clinic would answer questions about the WIC Information System?

Answers are subjective

5. Who in your clinic would answer questions about high-risk nutrition issues?

Answers are subjective

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6. When should you contact the state WIC staff?

Answers are subjective

How would you locate their phone number and email?

[State Staff Directory](#)

Skills Check - #3

1. What are three examples of a breach in confidentiality?

Possible Answers:

- Talking about WIC participants in public places.
- Leaving private WIC information on your desk unattended.
- Leaving your computer screen “unlocked”.
- Discarding papers with participant information without first shredding them.
- Keeping the FAX machine in a public area of the clinic.
- Giving out information over the phone about participants when you have not verified the identity of the person who is receiving the information.
- Disclosing foster parents’ names and addresses.
- Telling someone that another participant is in the clinic without first checking with the participant.
- Keeping your daily clinic schedule visible on the front desk.

2. How will you keep the information on your computer private?

Possible answers:

- By “locking” the computer screen when leaving the workstation.
- By using visibility filter screens.
- By choosing a secure password.
- By not sharing login and password.
- By routinely changing password.
- By storing laptop securely when not in use.
- By not leaving laptop unattended.
- By not sending participant information via email.

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Final Skills Check

1. WIC helps improve the health of participants by reducing iron deficiency anemia.
True
2. WIC's official name is the Special Supplemental Food Program for Women, Infants and Children.
False: Special Supplemental Nutrition Program for Women, Infants and Children.)
3. A woman must be pregnant or breastfeeding to qualify for the WIC Program.
False: Any women who is up to 6 months postpartum may qualify for WIC.)
4. A medical condition, such as high blood pressure, would qualify an applicant for a nutrition risk.
True
5. Foster parents may apply for WIC for their foster children.
True
6. Breastfeeding education and support is one of the services provided by WIC. **True**
7. WIC is required to refer participants not receiving Medical Assistance that program
True
8. There have been no studies that demonstrate the cost effectiveness of the WIC Program
False: There have been multiple studies that demonstrate the cost effectiveness of the WIC Program.)
9. WIC is federally funded by the United States Department of Health and Human Services.
False: The WIC Program is federally funded by US Department of Agriculture (USDA)).
10. Only the breastfeeding coordinator can counsel a pregnant woman on what to expect with breastfeeding.
False: All WIC staff are trained in breastfeeding education and support.)
11. Not all local agencies have Breastfeeding Peer Counselors.
True
12. WIC Staff must protect the privacy of participants at all times.
True

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References: A Complete Listing of Hyperlinks

Welcome to WIC Brochure (<https://www.health.state.mn.us/people/wic/ppthome.html>)

Welcome to Minnesota WIC Video
(<https://www.health.state.mn.us/people/wic/ppthome.html>)

Women, Infants & Children (WIC) (<https://www.health.state.mn.us/people/wic/index.html>)

WIC Calendar of Important Events
(<https://calendar.google.com/calendar/u/0/embed?src=500k4ns9eqb26v51529qg1fpuo@group.calendar.google.com&ctz=America/Chicago>)

WIC Training (<https://www.health.state.mn.us/people/wic/localagency/training/index.html>)

Training- WIC Memos
(<https://www.health.state.mn.us/people/wic/localagency/wedupdate/topics/training.html>)

State Staff Directory
(<https://www.health.state.mn.us/docs/people/wic/localagency/program/ststfflst.pdf>)

Minnesota Department of Health - WIC Program, 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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