



The Special Supplemental Nutrition Assistance Program for Women, Infants, and Children (WIC)
Updates During COVID-19
Updated April 21, 2020

The far-reaching health and economic effects of COVID-19 have made it more difficult for many families to afford food, given how many have lost jobs and income. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is essential to providing relief to families ensuring they access nutritious food at important stages of life. Due to state and federal action in response to the pandemic, WIC is more responsive than ever to meet the growing needs of Oklahoma families.

Changes to Qualification

To date, there are no changes to the standard income guidelines households must meet in order to qualify for WIC.

Changes to Certification and Recertification

Certification: During the COVID-19 pandemic, households that would like to apply for WIC may do so online or over the phone without the need to physically visit a WIC clinic. Once approved, a household should receive their EBT card via mail.

Recertification: During the pandemic, households can recertify without the need to physically visit a WIC clinic.

Changes to Benefits

To date, there are no changes to the standard WIC benefits. However, there are updates to the items that can be purchased through WIC. The following items were added to the list of approved WIC items effective 4/8/2020: Medium and large brown eggs by the dozen (not organic), 8 and 32 ounce blocks of cheese and 8, 16, and 32 ounce bags of shredded cheese (no italian, mexican, or taco blends).



Applying for WIC: In Oklahoma, WIC is administered through 10 programs. For convenience, WIC applicants can choose the nearest WIC location or the program of preference. All WIC programs are open to Native and Non-Native participants. To find your nearest WIC location, visit www.signupwic.com, or call one of these Oklahoma WIC Programs:

- Oklahoma State Department of Health | https://www.ok.gov/health/Family_Health/WIC/
- Cherokee Nation | 1-800-256-0671 extension 5589
- Chickasaw Nation | <https://www.chickasaw.net/services/wic-supplemental-nutrition-program.aspx>
- Choctaw Nation | 1-580-920-2100 extension 83517
- Citizen Potawatomi Nation | <https://www.potawatomi.org/services/health/wic/>
- Inter Tribal Council of Oklahoma | <https://www.nwica.org/states/itc-oklahoma>
- Muscogee (Creek) Nation | <https://www.mcn-nsn.gov/services/wic/>
- Osage Nation | 1-800-460-1006
- The Otoe-Missouria Tribe | 1-844-729-5700
- Wichita Caddo Delaware (WCD) | 1-800-492-3942

To view WIC eligibility guidelines visit https://www.ok.gov/health/Family_Health/WIC/How_Can_I_Get_WIC/index.html

For more COVID-19 resources, including school meal and community resource maps visit www.hungerfreeok.org/covid19.

HungerFreeOK.org

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