



WIC

Nutritious foods, health care referrals, and nutrition education has made the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) an important support for healthy families. Its impact in reducing childhood food insecurity also makes WIC a practical Summer Meal partner. There are many avenues for engaging WIC clinics in Summer Meal Program expansion activities, including site promotion, meal services, and site activities.

Go to [Resources](#).

WIC at a Glance

Did You Know over half of all infants born in America receive WIC?

WIC serves pregnant, breastfeeding, and postpartum women, and infants and children up to age five. Participants are provided supplemental foods, nutrition counseling, health screenings, and referrals to other health agencies. WIC services are administered at a variety of locations, including county health departments, hospitals, mobile clinics, schools, and public housing sites.

WIC Contacts:

<http://www.fns.usda.gov/wic/wic-contacts>

Outreach Opportunities

Many of the children who visit WIC clinics to receive services would also benefit from Summer Meals. WIC clinics are great partners to engage in outreach and site promotion activities. Here are examples of how local clinics help to inform families about Summer Meal Programs.

- Refer children to nearby Summer Meal sites;
- Distributing handouts identifying site locations and meal service times;



05/20/16

Summer Meals Toolkit

USDA is an Equal Opportunity Provider,
Employer and Lender



- Posting flyers in clinic waiting rooms and appointment areas;
- Displaying eye-catching Summer Meal banners outside the clinics; and
- Publicizing Summer Meals in mailings, newsletters, and other communications.

Hosting Meal Service Sites

WIC clinics operate in many different places, including health clinics, non-profit organizations, social service agencies, and hospitals. Many of these locations have spaces for children to congregate that would make ideal Summer Meal sites! Clinics with kitchens may be able to use their facilities to prepare Summer Meals, while those with dining or community rooms can participate as meal service sites.

As sites, WIC clinics may offer meals to children visiting the clinic, as well as children in the community. WIC clinics that are interested in hosting meals, but concerned about issues of control, may limit participation to children and teens entering the clinic for an appointment or family members under the age of 18. WIC clinics that must limit access must make this restriction known publicly. WIC clinics may also refer parents to other sites in the community so their children can receive Summer Meals on days they do not visit the clinic.

WIC clinics that serve Summer Meals to infants must receive prior approval from the Summer Food Service Program State agency. Meals served to infants must meet the requirements of the Child and Adult Care Food Program.

Organizing Site Activities

Combining healthy meals with fun activities helps to boost attendance and gives kids a more wholesome summer experience. Many sites offer nutrition, health, and wellness lessons along with the meal – an excellent activity for WIC clinics!





Spotlights on California!

The California WIC Association is working to connect more kids to healthy food when school is out by encouraging WIC employees to provide families with “Summer Meal Referrals.” An online toolkit prepared by the association has flyers and videos available for employees to share with families, as well as information about site locations. The association also encourages WIC clinics to serve as meal sites and provides additional resources employees can use to learn more about how they can promote Summer Meals.

...and Texas!

WIC clinics in San Antonio and Houston are providing Summer Meals for WIC participants and family members under the age of 18. This exciting new partnership includes community food banks that are sponsoring the sites. The clinics operate as restricted open sites, providing meals on a first-come, first-serve basis. Children eat their meals at the clinic, under their parents’ supervision. Although meals cannot be taken out of the clinic, children may consume them anywhere within the facility.

Resources

California WIC Association

WIC Can Help Toolkit Instructions: Summer Lunch

<http://www.calwic.org/storage/documents/wichelp/2013 /Summer Lunch Toolkit Instructions.pdf>

USDA Webinars and Toolkit Pages

- *How Health Centers Can Feed Summer Meals to Children*
<http://www.fns.usda.gov/how-health-centers-can-feed-summer-meals-children>
- *Servng Adults*
http://www.fns.usda.gov/sites/default/files/sfsp/SMT-Adult_Meals.pdf





- *Recruiting Sites*
http://www.fns.usda.gov/sites/default/files/sfsp/SMT-Recruiting_Sites.pdf
- *State Agencies*
http://www.fns.usda.gov/sites/default/files/sfsp/SMT-State_Agency.pdf

ChooseMyPlate.gov

Printable Materials for Educators

<http://www.choosemyplate.gov/information-educators.html>

Team Nutrition

Resource Library

<http://www.fns.usda.gov/tn/resource-library>

For Additional Information

Review these ideas and adopt the strategies that seem reasonable to you and achievable for your Program. For additional questions, sponsors and the general public should contact their State agency for help. State agencies should contact their Food and Nutrition Service (FNS) Regional Office.

List of FNS Regional Offices: <http://www.fns.usda.gov/fns-regional-offices>

List of State Agencies: <http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>

USDA and its recipient institutions share responsibility for compliance and oversight to ensure good stewardship of Federal funds.

