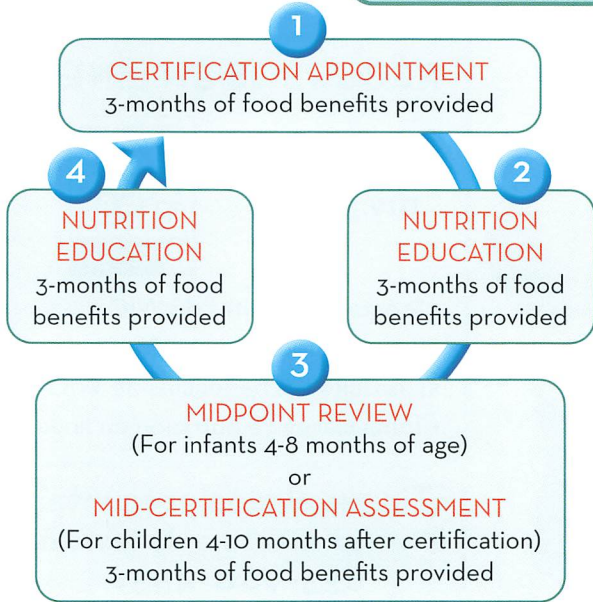


WIC Appointment Cycle



ONLINE RESOURCES

my *WIC*



- Schedule WIC appointments
- Complete and upload documents
- Check your WIC benefits
- Take nutrition education classes

Have questions?
Text us at
855-960-4551

CERTIFICATION APPOINTMENT: Meet with a nutrition expert who will weigh, measure, check iron levels of each applicant and provide answers to nutrition and health questions. Upload information needed for certification using *myWIC* and bring each person applying for WIC to the appointment.

NUTRITION EDUCATION: Options include online click and learn, live classes, group discussions and individual counseling.

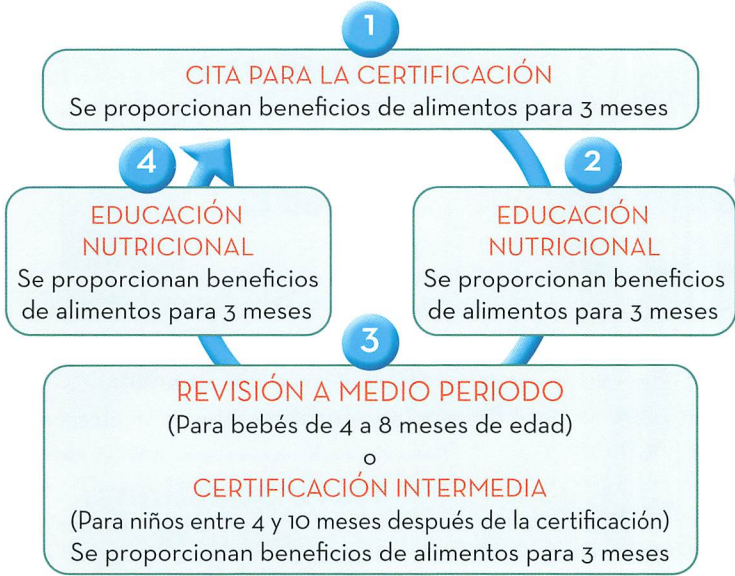
MIDPOINT REVIEW OR MID-CERTIFICATION ASSESSMENT: At this appointment, WIC offers the opportunity to check your child's growth, iron levels, and discuss nutrition.



Visit our website at TexasWIC.org. This institution is an equal opportunity provider.

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Ciclo de citas de WIC



RECURSOS EN LÍNEA

my **WIC**



- Programa tus citas de WIC
- Llena y sube documentos
- Consulta tus beneficios de WIC
- Toma clases de nutrición en línea

¿Tienes alguna pregunta?
Envía un mensaje de texto al
855-960-4551

CITA PARA LA CERTIFICACIÓN: Te reunirás con una experta en nutrición que tomará el peso, estatura y niveles de hierro de cada solicitante, y responderá a tus preguntas sobre nutrición y salud. Debes subir la información necesaria para la certificación a través de **myWIC** y traer a la cita a todas las personas incluidas en la solicitud de WIC.

EDUCACIÓN NUTRICIONAL: Tienes varias opciones, como clases en línea “click and learn”, clases en vivo, pláticas en grupo y asesoramiento personalizado.

REVISIÓN A MEDIO PERIODO O CERTIFICACIÓN INTERMEDIA: En esta cita, WIC te ofrece la oportunidad de evaluar el crecimiento de tu hijo y sus niveles de hierro y tener una plática sobre la nutrición.



Visita nuestro sitio web en TexasWIC.org. Esta institución es un proveedor que ofrece igualdad de oportunidades. © 2023 Todos los derechos reservados. Stock no. 13-06-16745 Rev. 6/23



Your Grayson County WIC Appointment & Shopping Guide

Where Do I Find My Shopping List?

myWIC Mosaic App has your Shopping list.
When you go to the grocery store, you can take your card to a register and they can print what you have left available for the current month.

Problems in the Grocery Store?

-FIRST, make sure that you have the correct item, size, brand, and weight that matches your shopping list.
Speak with a manager. Sometimes, the bar codes have changed and are not currently linked to the Texas WIC Site.
-Use the myWIC Mosaic App. There is a place to report a concern there. Without these complaints, issues are unable to be corrected.
-It is important to gather information. Take a photo of the item and the barcode. You can contact Vendor Complaints at (612)341-4434. They will need the product details such as: store name, location, item and barcodes.

Where can I use my WIC Benefits?

Denison

Albertsons	200 W Crawford St	(903) 463-6076
Walmart	401 N US HWY 75	(903) 466-9744

Sherman

Albertsons	100 E Taylor St	(903) 868-9686
Kroger	1820 N Loy Lake Rd	(903) 868-1565
Walmart	401 E HWY 82	(903) 813-4825
Walmart Neighborhood Market	2210 N FM 1417	(903) 209-4908

Pottsboro

Brookshire Food Store 11205 N State HWY 289 (903) 786-3025

Van Alstyne

Diamond's Supermarket 238 S Preston St (940) 365-4444

Whitesboro

Brookshire Food Store 806 N Union (903) 564-6536

Whitewright

Spring Market 301 HWY 69 S (903) 364-0123

Need assistance with Breastfeeding? You can contact us by calling or texting the following Warm Line Numbers:

903-771-9042 or 903-771-8855

Need Immediate Help Call

To reach the Texas Lactation Support Hotline

1-855-550-6667

USDA is an equal opportunity provider and employer



myWIC

Scan to learn more or search myWIC Mosaic in your app store.



Manage your appointments
Schedule, change, & view your appointments.



Current & Future benefits
View your monthly benefits & track your purchases.



Tailored shopping experience
Use the shopping guide & scanner to get the most out of your benefits.
Guided certifications



Use a step-by-step process for uploading documents before you WIC appointment.

When an Initial Certification or Re-Certification Appointment is made don't forget to upload your documents and start your Health Histories.

New to WIC? Watch this Video



Visit [TexasWIC.org](https://www.texaswic.org) For Information & Assistance



How to Shop with your WIC Card:

1. Watch Video - <https://www.youtube.com/watch?v=iSk103pGLqA>
2. Verify you have current months benefits (use App, printed shopping list)
3. Take shopping guide, shopping list, WIC card & myWIC Mosaic App.
4. Let the cashier know you will be using WIC Benefits.



WIC Clinic Contact Information

Sherman	Denison	Gunter Mobile Unit
515 N. Walnut St.	205 Houston St.	105 N. 4th St.
903-893-0131 x1238	903-465-2878 x1325	903-818-5511



Must have WIC Card at EACH appointment

Appointment Procedures

New Pregnancy or Baby

New Pregnancy

Call your WIC office or use the myWIC App to add your pregnancy and schedule an appointment to get certified. During this appointment you will be weighed, measured, & iron checked. We will also check income eligibility. You will speak to a counselor before receiving your benefits and scheduling your next appointment.

New Baby

Call your WIC office or use the myWIC App to add your new baby(s) and schedule an appointment to get certified. You will need to bring new baby(s) to this appointment. During this appointment you & baby will be weighed, measured, & mom's iron checked. We will also check income eligibility. You will speak to a counselor before receiving your benefits and scheduling your next appointment.


Certification

You will receive a phone call or text requesting information for your next appointment. It is important that you either bring these documents to your appointment or upload them to your myWIC Mosaic App. Be sure to bring all children to the appointment that are needed & your WIC Card. During this appointment you or the child/children will be weighed, measured, & iron checked. You will speak to a counselor before receiving your benefits and scheduling your next appointment.

Mid Certification

You will receive a phone call or text reminding you which child to bring for your next appointment. It is important to bring this child/children & your WIC Card to the appointment. During this appointment you or the child/children will be weighed, measured, & iron checked if it was low at the child's last certification. You will speak to a counselor before receiving your benefits and scheduling your next appointment.

Online Class

1. You can complete your class at any time between your last appointment and the date of your next appointment.
2. Go to the website www.TexasWIC.org or scan this QR code. 
3. Click on "Classes".
4. Login with your email address. (optional)
5. Click on the name of the class you would like to complete and follow the directions. You 6. only need to complete one class to get credit. You may also take a LIVE class, just be sure to do this prior to your appointment.
7. After completing the class either:
 - a. Print the certificate and bring it to your appointment.
 - b. Take a screen shot on your phone or tablet to show WIC staff at your appointment.
 - c. Write down the information below and bring it to your WIC appointment.
8. If you do not bring your certificate or the information from the certificate, you will not receive credit for completing your WIC class. You will be asked to complete a different WIC class at the clinic. You will be receiving your benefits and scheduling your next appointment at this time.

Group Class

You will receive Nutrition Education with a group of your peers. Please be sure to bring your WIC Card to this appointment. You will be receiving your benefits and scheduling your next appointment at this time.

Prescription Appointment

When you receive a new prescription from your doctor please give us a call to schedule an appointment for us to put it on your card. This may also serve to answer questions about the new formula. We can make sure it is covered by WIC before you bring it in to us. This way your time is not wasted if it is a formula we do not cover. We prefer all appointments are scheduled so that we may focus on you and your needs during your allotted time.

Package/Formula Change

We prefer all appointments are scheduled so that we may focus on you and your needs during your allotted time. Please contact your office so that we can speak with you about your change and get it scheduled.



LATE/Missed Appointments

- If you are more than 15 min late for your scheduled appointment you will need to be rescheduled.
- Please call to reschedule your appointment or you may reschedule on the myWIC Mosaic App.
- If you miss an appointment you should receive a text from our system notifying you of your missed appointment.



How Do I Take an Online Class?

- Visit Texaswic.org or Scan the QR Code
- Go to the Classes Tab
- Choose any class that is interesting to you that you have not already taken.
- Write down the name of the class or take a screenshot of the completion certificate.
- Bring you WIC Card to the office on the day and time of your scheduled appointment.



Texas WIC Health and Human Services Commission

Effective April 1, 2024

Policy No. CS:12.0

WIC INCOME GUIDELINES

Family Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	536	1,072	1,161	2,322	27,861
2	728	1,455	1,576	3,152	37,814
3	919	1,838	1,991	3,981	47,767
4	1,110	2,220	2,405	4,810	57,720
5	1,302	2,603	2,820	5,640	67,673
6	1,493	2,986	3,235	6,469	77,626
7	1,685	3,369	3,650	7,299	87,579
8	1,876	3,752	4,064	8,128	97,532
9	2,068	4,135	4,479	8,958	107,485

Texas WIC Health and Human Services Commission

Effective April 1, 2024

Policy No. CS:12.0

Family Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
10	2,259	4,517	4,894	9,787	117,438
11	2,450	4,900	5,308	10,616	127,391
12	2,642	5,283	5,723	11,446	137,344
13	2,833	5,666	6,138	12,275	147,297
14	3,025	6,049	6,553	13,105	157,250
15	3,216	6,431	6,967	13,934	167,203
16	3,407	6,814	7,382	14,763	177,156
EACH ADDITIONAL FAMILY MEMBER	+192	+383	+415	+830	+9,953