

WIC Overseas Program



What is WIC Overseas?

Women, Infants, and Children Overseas

A Department of Defense (DoD), nutrition education and supplemental food program that aims to improve overall health and wellness of families.

Provides:

- Nutrition counseling & education
- Supplemental nutritious foods
- Breastfeeding promotion & support.



Who is Eligible for the WIC Overseas Program?

- Active-Duty Service members and their dependents
- Department of Defense civilian employees and their dependents
- Department of Defense contractors and their dependents

Who Can Enroll?

- Pregnant Women
- Breastfeeding Women (eligible up to infant's 1st birthday)
- Postpartum Women (non-breastfeeding – eligible up to infant's 6m)
- Infants (0-11 months)
- Children (age 1 to 5 years old)

What do you need to Enroll?

Call or walk in for a quick prescreen for eligibility to program:

- No appointment needed to prescreen

Have to hand:

- LES or Paystub
- We don't count some pays like: BAH/ COLA/ LQA, Post Allowance
- Have Orders stationed overseas and or Amendments, or a Letter of employment with logistical support for Sponsor and dependents

What are the Benefits?

- Nutrition education and health screenings
- EBT card to use for nutritious foods
 - One card issued per family
 - PIN protected access for use
 - Has a user-friendly participant portal
 - Use at Commissary more discreetly and without the stigma
 - Can go multiple times during the month for eWIC purchases
- Breastfeeding support, hospital grade breast pump loans with supplies:
 - Medela Symphony
- Monthly nutritional classes in office

WIC Overseas Food Packages?

- Low-fat/ fat free yogurt & Milk, Cheese, tofu, and eggs
- Fresh, frozen, canned or pouched fruits and vegetables
- Iron-fortified cereals (both hot & dry, ex: oatmeal, cream of wheat)
- Whole grain breads & pastas
- Beans, peanut butter, Tuna fish, Mackerel and Salmon
- Infant formulas, baby fruits/vegetables, infant cereals/oatmeal and meats

Adult/Child Food Packages



Infant Food Package Examples:

Meats are for Exclusively Breastfed Infant food packages



DECA Fullfillment Voucher

Only used if you still have paper drafts

- DHA/ WIC Overseas has partnered with the Overseas Defense Commissary Agency (DeCA) to issue “Fullfillment Voucher” to WIC Overseas families when an item is not available for purchase.
- An item might be out of stock or DeCA could be experiencing a shortage of which limited quantities are available.
- Request a fulfillment Voucher from DeCA, it is valid for 30 days upon receipt.

To find out if you qualify:
Call your Local
WIC Overseas Office

WIC OVERSEAS

Serving the Stuttgart area

On Panzer Kaserne

Building 2915 Room 307

DSN 596-3351 or 0964 170 596
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