

WIC Benefits for Foster and Adopted Children

Children in Arizona foster care and adopted out of Arizona foster care who elected to receive Arizona Health Care Cost Containment System, State Medicaid insurance post-adoption, are automatically eligible for [WIC benefits](#) from birth to age five.

The Arizona Department of Health Services (ADHS) administers the Supplemental Nutrition Program for Women, Infants, and Children (WIC) program for the state of Arizona. WIC provides helpful nutrition tips and breastfeeding support services, supplemental nourishing foods, and referrals to health and community resources. WIC serves:

- Infants
- Children up to five years of age
- Pregnant women
- Breastfeeding women until their infant's first birthday
- Women whose pregnancy ended less than six months ago

Parents can apply for their infants and children too! This includes dads, foster parents, grandparents, and other guardians. Families with members meeting these categories participating in SNAP, automatically qualify to participate in the WIC Program.

What does WIC provide for foster and adopted children?

WIC food benefits can include, but are not limited to: beans, cereals, cheese, eggs, formula, fruits, infant foods, milk, peanut butter, vegetables, and more. WIC staff offer additional support by helping with requests for referrals to other community resources.

How do I enroll my foster or adopted child in the WIC program?

Contact a [local office](#), sign up using the [online portal](#), or call 1 (800) 252-5942 to make an appointment. Have the **Notice to Provider** document available for the appointment. Ask the local office what to bring to the appointment if you are unsure. Some WIC appointments can be done from home instead of coming into the clinic. Contact your local [WIC clinic](#) for more information.

Where do I buy WIC approved foods?

Many stores and markets accept WIC benefits. You can find a [complete list](#) on the Arizona WIC website, search for stores/markets using the EzWIC app, or call your local store and ask. Most stores that accept WIC will identify WIC approved foods on their shelves. For example, see the WIC approved item shelf sticker to the right.



How do I purchase WIC approved foods?

WIC benefits are loaded monthly onto an eWIC card for easy use. In addition, you can download the [EzWIC app](#) for your smartphone. Search "EzWIC" in the App Store or Google Play store. The app shows the [food list](#), your food balance, dates to use, and allows you to scan foods in the store to see if the items are WIC approved.

To find all of the resources and information related to WIC, visit the [AZ WIC website](#).

Source: [Arizona WIC website](#)

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