


# MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<b>CLOSED</b>	SCN ALL DAY	SCN ALL DAY	SCN ALL DAY	SCN ALL DAY 8AM – 5PM	9AM – CF FAMILY 10AM - INFANT (0-6) 11AM- BREASTFEEDING 12PM – INFANT (7-12) 1PM – GN ALL THL 8:00AM -1:30PM
8	9	10	11	12	13	14
	SCN ALL DAY	SCN ALL DAY	NATIONAL NUTRITION DAY	SCN ALL DAY	SCN ALL DAY 8AM-2PM	<b>CLOSED</b>
15	16	17	18	19	20	21
	SCN ALL DAY	SCN ALL DAY  FIMPY ST. PATRICK'S DAY!	SCN ALL DAY	SCN ALL DAY MOM2MOM @11AM HEALTH DEPT MEETING @4PM	SCN ALL DAY 8AM-2PM	<b>CLOSED</b>
22	23	24	25	26	27	28
	SCN ALL DAY	SCN ALL DAY	8:15AM – INFANT (0-6) 9AM – CF FAMILY 10AM - BREASTFEEDING 11AM - INFANT (7-12) THL 8AM-11:30AM	<b>INVENTORY</b>	SCN ALL DAY 8AM-2PM	<b>CLOSED</b>
29	30	31				
	<b>CLOSED</b>	1:15PM - INFANT(0-6) 2PM - CF FAMILY 3PM - INFANT (7-12) 4PM - BREASTFEEDING 5:15PM -INFANT (0-6) 6PM – GN – ALL THL 1PM – 6:30PM	<div style="border: 2px solid black; padding: 10px;"> <p><b>PLEASE turn over and read full descriptions</b></p> <p>Your next appointment will be:</p> <p><input type="checkbox"/> SCN – Screening / recertification    <input type="checkbox"/> MOM 2 MOM</p> <p><input type="checkbox"/> THL- Take home lesson/online    <input type="checkbox"/> MC – Mid-certification</p> <p><input type="checkbox"/> Class - next class contact</p> </div>			

**Remember; always bring your WIC EBT Card, in order to get your benefits.  
You will need to come in during the last month you have benefits on your card.  
If you lose your WIC EBT Card, please call your WIC Office @ 325-692-1680**

### **How to Use your Appointment Calendar**

There are three class contact methods. Your enrollment status will determine your method of attending class. First time parents are strongly encouraged to attend the infant feeding classes offered at the WIC clinic. Pregnant and Breastfeeding women are offered breastfeeding classes and MOM 2 MOM. Parents of children are offered child classes or general nutrition classes. Postpartum women are offered postpartum mom class or general nutrition classes. If your calendar has circled times and dates, you can chose to attend one of these circled classes during that month. If you were given the choice, by your nutritionist to complete a “take home lesson”/Online Lesson (THL), you can return your paper for the THL/Online Lesson, during the specified dates and times on the Calendar.

**Please bring your WIC card to ALL appointments.**

#### **Screening (SCN)**

Once a year Children under 5 years old are required to have a screening to continue receiving WIC benefits. Please call the WIC clinic anytime **during the month specified** to schedule an appointment (**given on availability**).

#### **What to Bring:**

1. Person being screened or recertified
2. Proof of Identification (WIC card, social security card, shot record, birth certificate). Call the office if you have questions.
3. Proof of Address (cannot be WIC mail, personal or P.O. Box)
4. Proof of Income (within the last 30 days) or Current Medicaid Card

#### **Mid-Certification**

Every 4-8 months after screening  
Child must come in for a health assessment.  
Please call the WIC clinic anytime during the month specified to schedule an appointment (given on availability)

#### **What to Bring:**

1. Child
2. WIC EBT Card

#### **Class Description**

**Breastfeeding – A Mother’s Guide to Breastfeeding**

**Breastfeeding – The Importance of Skin-to-Skin Contact After Birth**

**INFANT- Starting solids (7-12 months)**

**INFANT – Baby Behavior (0-6 months)**

**CF – Family Meals – More Than Just Eating Together**

**GN - Grocery Shopping - ALL**

**GN - Cooking Class – WIC Family Style Café – call to RSVP before attending**

#### **Take Home Lesson (THL)**

**Online – info: [www.texaswic.org](http://www.texaswic.org)**

**Talk, read and have fun!**

**Self-paced lessons (done in the office)**

With the THL you must come in to the office (on dates specified on calendar) to turn in your lesson and get your benefits loaded. They do not load Automatically after you have done the lesson. We have to have the card in the card reader to load your benefits.