



MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	1 NUT SCN & CLASS 2
<div style="border: 2px solid black; padding: 5px;"> <p>PLEASE turn over and read full descriptions</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"/> Call for Online/THL- Take home lesson times and dates</p> <p><input type="checkbox"/> MC – Mid-certification <input type="checkbox"/> Class - next class contact</p> </div>						
3	4	5	6	7	8	9
	SCN ALL DAY	SCN ALL DAY 	SCN ALL DAY	SCN ALL DAY & COOKING CLASS 10:15AM & 2:15PM	SCN ALL DAY 8AM-2PM	CLOSED
10	11	12	13	AM SCN 14	15	16
	SCN ALL DAY	SCN ALL DAY	SCN ALL DAY	1:15PM–INFANT (0-6) 2PM – CF FAMILY 3PM – BREASTFEEDING 4PM - INFANT (7-12)	SCN ALL DAY 8AM-2PM	CLOSED
17	18	19	20	21	22	23
	SCN ALL DAY	SCN ALL DAY	SCN ALL DAY	SCN ALL DAY	SCN ALL DAY 8AM-2PM	CLOSED
24	25	AM SCN 26	27	28	29	30
	HOLIDAY 	1:15PM - INFANT(0-6) 2PM - CF FAMILY 3PM - INFANT (7-12) 4PM - BREASTFEEDING 5:15PM -INFANT (0-6) 6PM – GN – ALL	SCN ALL DAY	STAFF MEETING & INVENTORY	8AM – 2PM	CLOSED

**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 and MOM 2 MOM classes. Parents of children are offered a child or general nutrition class. Postpartum women are offered post- partum 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” (THL)/Online Lesson, you can return your paper for the THL/Online Lesson, during your specified date and time.

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

Talk, read and have fun!

Self-paced lessons (done in the office)

With the THL you must come in to the office)

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. **PLEASE call the WIC office**

for Online/THL-Take Home Lesson,

dates and times.