

WIC Checks

- Checks are food instruments and cash value vouchers (cvv's) issued to participants on the WIC Program based on individual needs.
- Checks list the items of supplemental foods the participant can obtain such as milk, cereal, whole grains, juice, fruits and vegetables, eggs, peanut butter, dried and canned beans/peas, canned fish, infant formula, foods and cereal.
- Checks are issued monthly or bi-monthly to participants.
- Checks are cashed at authorized WIC Retailers.

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