



Women, Infants, and Children (WIC) Overseas Program



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How to apply:

Income and family size and other criteria are considered when determining eligibility. You may also be eligible if you have participated in the WIC stateside program.

To determine if you are qualified to receive WIC Overseas benefits, please

- **VISIT** the WIC Overseas office
@ Bldg E22 (by the Yokosuka Navy
Hospital)
- **CALL** 243- 9426 (WICO) for a phone
eligibility screening or to set an
appointment
(Have your LES &/or paystub ready)

OFFICE HOURS: 0730-1630 Mon-Fri

On the day of your first appointment, please have the following documents ready:

- Copy of orders
- Proof of Household Income
(LES, Pay stub, W-2 form or
Statement from employer)
- Military ID

Note: The participant(s) should be present for the appointment.



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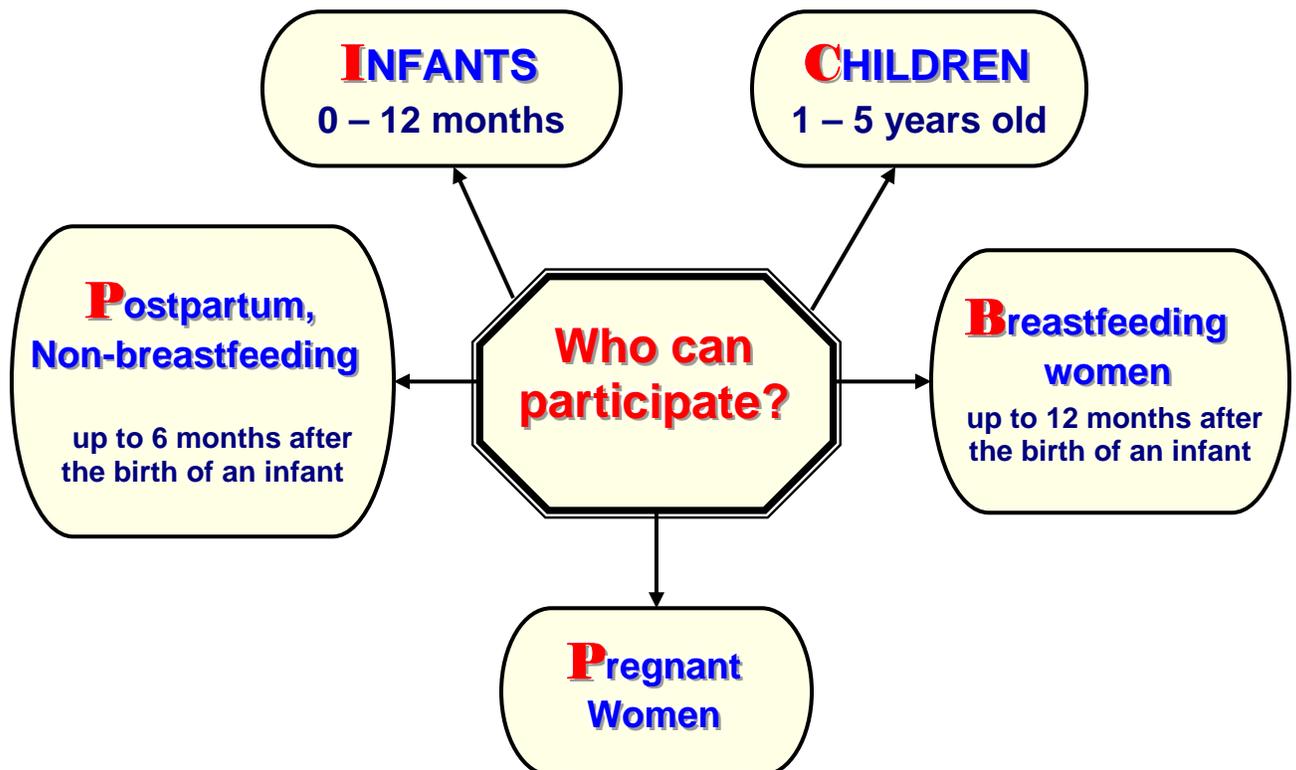
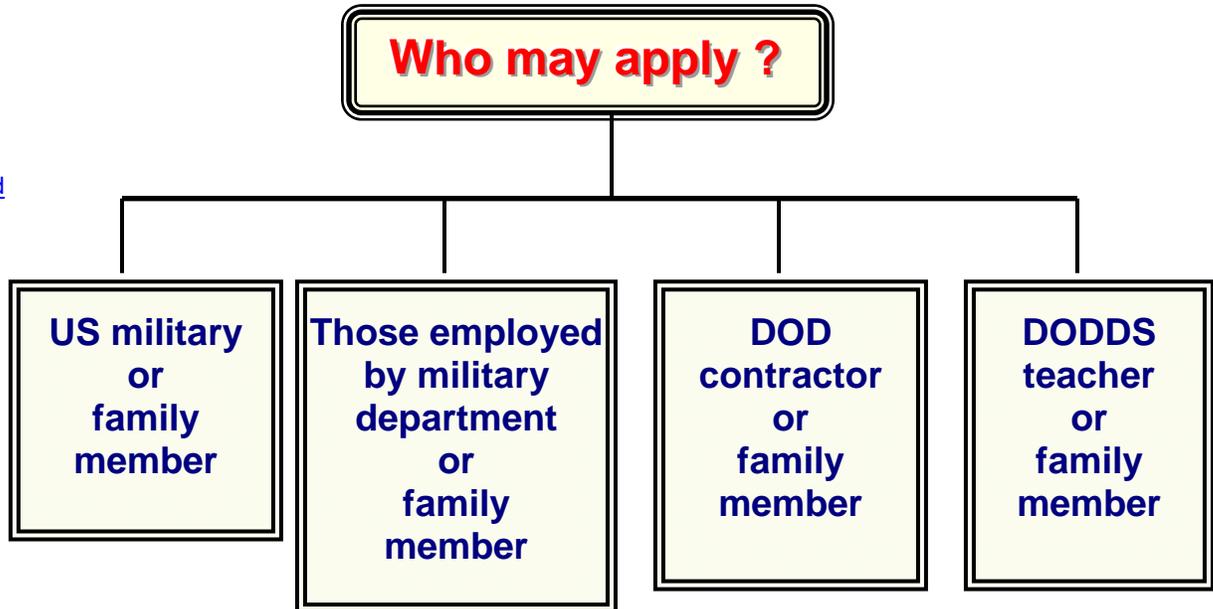


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Frequently Asked Questions

Can I substitute food items if the commissary does not have the exact item listed on my draft?

No, you cannot make any substitutions or get rain checks. Keep your draft to use when the item is on stock. Make sure you are aware of the expiration date on your draft. In some cases however, the commissary may just need to refill their stock so try to also verify it's availability with the commissary manager.

Can I have someone else shop for me?

Yes, you may have a "proxy" shop for you. First, you must have your proxy formally registered at your WIC overseas office. In order to redeem your drafts, your proxy must have commissary privileges, a valid power of attorney, identification and your Participant ID folder.

If I am in the WIC program stateside, can I continue my participation when I'm transferred overseas?

Yes, you can continue participation in the program without re-certification or re-enrollment. Before your leave, request a Verification of Certification (VOC) from your WIC office stating your certification period. Once you have transferred overseas, you may call your local WIC Overseas office to make arrangements to switch to the WIC Overseas drafts. Your participation will continue uninterrupted for the rest of your certification period.

Can I use my WIC Overseas drafts in any store?

Unlike the stateside WIC program where WIC drafts are accepted at a variety of stores, the WIC Overseas drafts can only be used in commissaries and NEXMART's where there is a WIC Overseas site.

Can I use my WIC Overseas drafts in the United States?

No, you cannot. WIC Overseas drafts can only be used overseas. If you want to continue getting drafts while in the United States, you need to transfer-out. To do this, request a Verification of Enrollment (VOC) from your local WIC Overseas office before you leave. Once you are in



Women, Infants, and Children (WIC) Overseas Program



Location: Room 106, Building E-22, Yokosuka Naval Hospital, Yokosuka Japan

Phone Number: (DSN) 243-9426 or (Commercial) 04-816-9426

Fax Number: (DSN) 243-9426 or (Commercial) 04-816-9426

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What is WIC Overseas

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas program to eligible participants overseas. WIC Overseas is a quality of life program that enhances the well-being and readiness of DoD personnel overseas.

Program Benefits

WIC Overseas provides eligible participants with the following benefits:

➤ **Supplemental Nutritious Foods that may include:**

- Iron-fortified Formula and Infant Cereal
- Iron-fortified Adult Cereal
- Fresh Milk and/or Cheese
- Vitamin C-rich Fruit/Vegetable Juice
- Eggs
- Dried Beans or Peanut Butter
- Vitamin A-rich Vegetables
- Canned Tuna

➤ **Individualized nutrition counseling**

- Nutrition counselors customize food packages to fit the participant's needs and provide nutrition information to help promote good health and proper nutrition

➤ **Referral to Health & Related Services**

➤ **Japanese Interpreter**