


SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	HOLIDAY  CLOSED	SCN ALL DAY	SCN ALL DAY	SCN <u>ALL DAY</u> COOKING CLASS 10:15AM & 2:15PM	SCN ALL DAY 8AM – 5PM	9AM IF76 ALL INFANT 10AM CH 26 CHILD 11AM BF39 BREASTFEEDING 12PM FE74 ALL THL 8AM – 1:30PM
8	9	10	11	AM SCN 12	13	14
	SCN ALL DAY	SCN ALL DAY	SCN ALL DAY	1:15PM IF76 ALL 2PM CH26 CHILD 3PM IF14 INFANT (7-12) 4PM PP10 ALL THL 1PM – 4:30PM	SCN <u>ALL DAY</u> LA LECHE LEAGUE @ 10AM	CLOSED
15	16	17	PM SCN 18	19	20	21
	SCN ALL DAY	SCN ALL DAY	8:15AM IF76 INFANT 9AM FE74 ALL 10AM IF14 INFANT (7-12) 11AM PP10 ALL THL 8AM – 11:30AM	SCN <u>ALL DAY</u> <u>MOM 2 MOM @ 11</u> HD MEETING @ 4PM	SCN ALL DAY	CLOSED
22	23	AM SCN 24	25	26	27	28
	SCN ALL DAY	1:15PM IF76 ALL INFANT 2PM CH26 CHILD 3PM IF14 INFANT (7-12) 4PM BF39 BREASTFEEDNG 515PM IF76 ALL INFANT 6PM FE ALL THL 1PM-6:30PM	SCN ALL DAY	SCN ALL DAY	CLOSED INVENTORY	CLOSED
29	30					
	CLOSED					

**Remember to 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 issued 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 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"/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
3. Proof of Address (cannot be WIC mail, personal or P.O. Box)
4. Proof of Income 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

BF-39 Breastfeeding every ounce counts! Benefits of Breastfeeding for Baby and Mom

BF-034-01 MOM 2 MOM—Provides breastfeeding information and support.

IF-000-14 Weaning from the bottle (7-12)

IF-07616 Feeding Infant, Birth through 12 Months (ALL INFANTS)

PP-000-10 Diet and Women's Health – Feeling Great Post-Partum

CH-000-26 Real Fun Together: Play Together/CH00028 Real Fun Together: Grow Together

FE-074-01 Easy Menu Planning & Grocery Shopping

GN-34-03 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-pace lessons

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.