

State and Federal Assistance Programs and Public Health Emergency Resources

Call 2-1-1 or visit www.211.org for referrals and information to local help with food, housing, employment, health care, counseling, and more. This free and confidential service is available to anyone in the United States.

Benefits.gov is an online resource to help you find federal benefits you may be eligible for in the United States.

Check out United Way's Community Resource Guide for additional local resources available to you:
<https://www.keysunitedway.org/communityresourceguide>

Disaster Distress Helpline

1-800-985-5990

TEXT: "TalkWithUs" to 66746

DisasterDistress.samhsa.gov

Women, Infant, Children (WIC)

What Is It?

"The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk."

Population Served:

The WIC target population is low-income, nutritionally at risk:

- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends).
- Breastfeeding women (up to infant's 1st birthday)
- Nonbreastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends)
- Infants (up to 1st birthday). WIC serves 53 percent of all infants born in the United States.
- Children up to their 5th birthday.

Benefits

The following benefits are provided to WIC participants:

- Supplemental nutritious foods

- Nutrition education and counseling at WIC clinics
- Breastfeeding counseling
- Screening and referrals to other health (such as immunizations), welfare, and social services
- Substance abuse referral

To learn about all their benefits and services, visit: <https://www.fns.usda.gov/wic/wic-benefits-and-services>

Examples of where WIC services are provided:

- County health departments
- Hospitals
- Mobile clinics (vans)
- Community centers
- Schools
- Public housing sites
- Migrant health centers and camps
- Indian Health Service facilities

Applying

To apply to be a WIC participant, you will need to contact your state or local agency to set up an appointment. Check out your state's website or call the toll-free number. When you call to set up an appointment, someone will tell you the location nearest your home and what you need to bring with you.

*During the COVID-19 Pandemic, all applications will be done by phone and necessary documents can be faxed or emailed, please do not go to the WIC office.

Contact Information:

Toll Free Florida: 1-800-342-3556

Monroe County Offices

Florida Department of Health Monroe County: 305-293-7500

Key West: 305-676-3852

Marathon and Tavernier: 305-676-3933

Florida Department of Health

4052 Bald Cypress Way, Bin A16

Tallahassee, FL 32399-1726

United States

Rhonda Herndon, Bureau Chief

Phone: 850-245-4202

Fax: 850-922-3936

Toll Free: 1-800-342-3556

VOC Contact: 850-245-4202 OR 1-800-342-3556

Rhonda.Herndon@flhealth.gov

New flexibility during Public Health Emergency

- *Department of Health (DOH) attained waiver allowing remote issuance.* This waives the requirement that participants pick up their EBT cards in person at recertification or during nutritional education appointments.
- *WIC participants allowed to substitute certain foods.* Under a waiver from USDA, WIC participants in Florida are allowed to substitute milk of any available fat content and whole wheat or whole grain bread in package sizes up to 24 oz. when 16 oz. packages are unavailable.
- *USDA waived physical presence requirements.* Although the scope and logistics are unclear at this time, USDA has given DOH permission to waive the requirement that persons be physically present at each certification or recertification determination in order to determine eligibility under the program through May 31, 2020.

For general information, visit: <https://www.fns.usda.gov/wic>

To view the USDA's fact sheet, visit: <https://fns-prod.azureedge.net/sites/default/files/wic/wic-fact-sheet.pdf>
