

Women, Infants, and Children Overseas Program



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This flyer is **not** intended to be all-inclusive. For additional information, please contact your regional contractor, local military treatment facility, or TRICARE Area Office.

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Program to eligible participants living overseas. The WIC Overseas Program provides you and your family with several important benefits:

- Nutritious food
- Tips on how to prepare balanced meals
- Nutrition and health screenings
- Access to other resources that help you and your family lead healthier lives

Eligibility

The WIC Overseas Program is available to eligible participants living overseas, including:

- Civilian employees
- DoD contractors
- Family members
- Members of the uniformed services

WIC Overseas counselors determine eligibility for the program by evaluating income, family size, and certain other criteria.

Once you or a family member is certified by a WIC Overseas counselor, you or the family member can enroll in the program. Your WIC Overseas counselor will determine how long you can participate in the program.

Those who may be eligible for the WIC Overseas Program include:

- Expectant mothers during pregnancy and throughout the first six weeks after giving birth*
- Mothers until the infant is 6 months old if bottle-feeding or 1 year old if breast-feeding
- Infants and children until the end of the month in which they turn age 5

** After six weeks, mothers must contact a WIC Overseas counselor and reapply under either the bottle-feeding or breast-feeding category.*

Contact your local WIC Overseas office to see if you and your children are eligible for WIC Overseas nutritional benefits. A WIC Overseas counselor will help you determine if you qualify and, if so, will help you get started. To locate the nearest WIC Overseas office, visit www.tricare.mil/wic.

Note: If you are enrolled in the WIC Program in the U.S. and have transferred overseas, call your local WIC Overseas office and make arrangements to participate in the WIC Overseas Program.

How WIC Overseas Works

The WIC Overseas Program is designed to supplement the food you regularly buy with additional nutritional food items. WIC Overseas Program staff will provide ideas for meal planning, food preparation, and recipes that are nutritious, delicious, and easy to prepare. Your counselor will give you an approved food list and redeemable food checks called “drafts,” which you exchange for specific foods and quantities in overseas commissaries and NEXMARTs (*drafts are accepted only at these overseas stores*).



How WIC Overseas Works *(continued)*

Food items generally available through the WIC Overseas Program include:

- Canned tuna, salmon, and mackerel
- Cheese
- Dried beans or peas
- Eggs
- Fresh fruits and vegetables
- Infant fruits and vegetables
- Iron-fortified infant formula and infant cereal
- Iron-fortified adult cereal
- Milk
- Peanut butter
- Vitamin C-rich fruit and/or vegetable juice
- Whole-grain bread and/or brown rice

In addition to providing nutritious food and healthy meal planning, the WIC Overseas Program offers a nutritional screening for you and your children. This screening may help identify medical conditions early so that you can seek proper medical advice.

Key Points to Remember

- There are **no** fees. The WIC Overseas Program is offered by the DoD free of charge to those who qualify.
- Substitutions are **not** allowed. If the commissary or NEXMART does not have the item listed on your draft, keep the draft until the item is in stock. However, be aware of the draft's expiration date.
- If you cannot go shopping, a proxy may shop for you. Ask your WIC Overseas counselor for the appropriate paperwork and remember that a power of attorney is needed for your proxy.

For Information and Assistance

To locate the nearest WIC Overseas office, contact your base or installation information operator or TRICARE Area Office, or visit the TRICARE Web site at www.tricare.mil/wic.

TRICARE Area Office (TAO)—Europe Stateside: 1-888-777-8343, option 1 Comm.: 011-49-6302-67-7433/7434 DSN: 496-7433 www.europe.tricare.osd.mil	TAO—TRICARE Latin America and Canada Stateside: 1-888-777-8343, option 3 Comm.: 1-706-787-2424 DSN: 773-2424 www.tricare.mil/tlac Puerto Rico Call Center: 1-800-700-7104	TAO—Pacific Stateside: 1-888-777-8343, option 4 Comm.: 011-81-6117-43-2036 DSN: 643-2036 Remote Sites: 011-65-6-338-9277 www.tricare.mil/pacific
TRICARE Web Site www.tricare.mil	WIC Overseas Program www.tricare.mil/wic	Military Health System Web Site www.health.mil

An Important Note about TRICARE Program Information

*At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continually made as public law is amended. **Military treatment facility guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.*

Please provide feedback on this flyer at www.tricare.mil/evaluations/feedback.