

# Foster Children on WIC

WOMEN, INFANTS, AND CHILDREN



## What is the WIC Program?

WIC is a nutrition program for infants and children under 5 years of age and women who are pregnant, breastfeeding, or who have recently been pregnant.

WIC provides the following, at no cost:

- Healthy, nutritious food
- Breastfeeding support
- Nutrition education and counseling
- Referrals to health care and community services

Foster parents who care for a child under 5 years of age, women who are pregnant or have recently been pregnant, and live in Florida, should apply for WIC. Foster children are automatically income eligible for WIC.

## How to Apply for WIC for a Foster Child

Call your local WIC office for a certification appointment.

At your appointment, you will be asked to provide the following documentation:

- Foster parent(s) ID.
- Placement letter/court documents showing the child has been placed in foster care, and the name(s) of the foster parent(s). The placement letter will be accepted as the foster child's ID and proof of residence if it includes the child's name and placement in a Florida address. If this information is not in the placement letter, you will be asked to provide other forms of the foster child's identification and proof of residence.
- Any medical documentation for the child, including written requests for specific foods or formula.

If the child is currently a WIC participant and is moving to a foster home, contact your local WIC office to change the household information on the child's account. Changing placement from one foster home to another does not require WIC recertification. Make sure to notify the WIC office if the child changes placement or is no longer in foster care.

## What to Expect at your WIC Appointment

At the certification appointment, WIC staff will:

- Review your documents.
- Ask you for information such as your address, phone number, and if you'd like other caregivers listed.
- Ask for demographic information such as education, race, and ethnicity. This is for statistical purposes only and has no effect on eligibility.
- Refer you to community and health resources.
- Weigh and measure the child.
- Ask about the child's medical and nutrition history and discuss the child's growth, eating habits, and nutritional needs.
- Help you set a nutrition goal for the child and monitor progress.
- Review and customize the child's WIC food package.
- Issue a WIC EBT card and discuss how/where to use it.
- Load one to three months of food benefits on the WIC EBT card, depending on when the next appointment is scheduled.



For more information, call your local WIC office or state WIC office at: 1-800-342-3556  
[FloridaHealth.gov/WIC](https://www.floridahealth.gov/wic)

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4/9/2026

