



Fact Sheet

Quick Facts ▼

Women, Infants, Children (WIC) Overseas Program

What is WIC Overseas?

The WIC Overseas program assists families with improving the diets of pregnant, postpartum and breastfeeding women, as well as infants and children. In addition to providing supplemental nutritious foods, the program focuses on educating parents on proper nutrition for themselves, their babies and their young children. The WIC Overseas office can also make referrals to other community and health care professionals.

How does the program work?

Enroll by contacting your local WIC Office. Once enrolled, you will receive drafts you can redeem at Commissaries or NEXMarts for specific nutritious foods such as infant and adult cereal, beans, fruit juice, eggs, milk, cheese and (if qualified) infant formula. A shopping guide listing WIC-eligible foods is provided to all participants during their first appointment, and the Commissary and NEXMart place orange WIC labels on the store shelves. WIC Overseas drafts can be redeemed at all overseas Commissaries and NEXMarts. They may not be redeemed at Main Exchanges, Mini-Marts, Gas Station convenience stores or Commissaries and NEXMarts located in the U.S.

Other WIC Benefits

- Individualized nutrition counseling and education.
- The opportunity to participate in group nutritional education sessions.
- Support from breast-feeding specialists.
- Referrals to other health care and social services.

Your Benefits Travel With You

Families receiving WIC while assigned in the United States may request a Verification of Certification (VOC) which will allow them to simply transfer into the WIC Overseas program without completing additional certification paperwork. Likewise, families returning to the U.S. or relocating to another overseas location may request a VOC from the WIC Overseas office where they are enrolled.

Where to Get Help

- **Find Your Local WIC Office:** (49)-(0)6302-67-6328 or DSN 496-6328
- **WIC Web Site:** www.tricare.mil/wic

- WIC Overseas provides nutritious foods, education and support for families serving in Europe.
- Use your WIC Overseas drafts at Commissaries and NEXMarts overseas
- You can request a Verification of Certification to transfer your WIC enrollment from the United States to the WIC Overseas Program, or from WIC Overseas back to the United States.