

WIC Life – Dec. '20

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
Email: wic@ofoinc.org Find us on Facebook at www.facebook.com/ofoinc



Hours of Operation

Telephone Appointments Only

Monday – Friday: 8:00AM – 4:30PM

Please let us know if you need an appointment during your lunch hour and we will do our best to accommodate you.

Contact Us:

Phone: 607.433.8071 or 607.433.8000

Fax: 607.433.8066

Email: wic@ofoinc.org

Address: WIC
3 West Broadway
Oneonta, NY 13825

Drop box at 3 West Broadway
Oneonta, NY
(checked daily by OFO staff)

What is WIC Life?

Our Life at WIC has changed a bit. All of our appointments are now phone appointments. To schedule an appointment for WIC or reschedule a missed appointment, call 607.433.8071 during normal business hours or email us at wic@ofoinc.org. Please keep us updated with your most recent phone number. If you have registered for WIC2Go, we may use that email address if we can't contact you by phone.

Helpful WIC Website

The NYS WIC Vendor Management website isn't just for grocery stores. The web address, <https://nyswicvendors.com/> will take you to the opening page with three helpful sections for WIC shoppers.

Click on "Find A Store" to search for stores in your area that accept WIC, stores and pharmacies that have special formulas like Nutramigen under the exempt formula listing, and pharmacies where you may buy only formula, no food.

The UPC section shows all the bar codes of WIC acceptable foods.

The Foods and Formula section has information on food recalls, links to the most up to date WIC Foods Guide, and tip sheets that address common questions, like this one on buying cheese, <https://nyswicvendors.com/wp-content/uploads/2019/12/Buying-Cheese.pdf>.



www.shutterstock.com • 67879747

Preparing for Your Phone Appointment

If you are applying for WIC for the first time or recertifying, we will need to see proof of identity, residential address, and monthly income. Most people are using their smart phones to snap a picture of proof of identity like a Driver's license or Social Security card, proof of address like a post marked envelope, and proof of income such as a Medicaid or managed care card or pay stubs. You can email these to wic@ofoinc.org.

We also need an idea of the height and weight of each person applying. You can weigh and measure yourself and/or children at home. Some people send us screen shots of their or their child's most recent doctor's visit print out. You also have the option of asking your doctor to fax that information to WIC at 607.433.8066. You will receive your WIC benefits even if we cannot get heights, weights, and bloodwork at this time.

Like always, we make reminder calls before your appointment, so it's important we have your newest phone number and that there is room in your voice mailbox for us to leave a message.

Helpful link: What to bring (or photograph) for your WIC appointment:

<https://www.health.ny.gov/publications/19044.pdf>.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Inside Scoop: WIC News You Can Use with Mary

WIC News and Program Updates

Many of you call us when you have problems with the WIC2Go app. Unfortunately, we do not have the ability to fix those problems from our office. The only answer we can suggest is to call the '800' number on the back of the card.

Many new foods and brands have been added to the WIC Approved Foods list. The WIC2Go app was updated to recognize these foods. All new WIC families are mailed a food guide along with the list of new foods.

From time to time, the WIC2Go app is down for maintenance. The first Saturday of every month is reserved for updating WIC2Go as well as our entire system. Usually, the system is operational again by 12:00 noon. If you need your benefit balance before then, we suggest you try <https://www.wicconnect.com/>

Family Life Hacks– Low cost, No Cost Family Fun with Maryann

Local libraries continue to be a great resource during COVID. Many have online story hours. Limited in library browsing for books or curb-side pick-up can be arranged at most local libraries.

Harris Memorial Library (Otego)
Unadilla Public Library
Richfield Springs Public Library,
Springfield Library,
Village Library of Cooperstown,
Morris Library,
Huntington Library in Oneonta

Check out their websites and Facebook pages for up to date information on the services they are offering.



Peer Counselors' Corner Words from Wise Women with Ginny, Marie and Heather

New Breastfeeding Service

Designated Breastfeeding Expert:

The Designated Breastfeeding Expert (DBE) helps moms who have more complex breastfeeding concerns and provides guidance to WIC staff in all areas of breastfeeding support for WIC moms.

We are fortunate to have Marie on our staff. Marie is an RN with an IBCLC (International Board Certified Lactation Consultant) and a lifetime of professional experience helping moms meet their breastfeeding goals.

Marie is available to answer your questions, discuss concerns, and provide support both before and after your baby is born.

To reach Marie, call 607.433.8071