






# WELCOME TO WIC!

We are here to provide information, tools, and support to moms, dads and caregivers just like you across the nation. We are very glad you have joined the WIC community.

We want to make sure your shopping trip for WIC foods goes well. Below are links to tips and helpful information to make this happen.

<p><b>USING YOUR EWIC CARD</b></p> 	<ol style="list-style-type: none"> <li>1. The Foods List &amp; Shopping Guide will explain how to set-up your PIN, which foods to purchase and more. <a href="#">English</a> <a href="#">Spanish</a> <a href="#">Arabic</a> <a href="#">Burmese</a> <a href="#">Nepali</a> <a href="#">Russian</a> <a href="#">Somali</a></li> <li>2. View our <a href="#">Shopping with WIC</a> webpage for more information.</li> <li>3. Learn about the free <a href="#">WICShopper App</a> that makes eWIC easy.</li> <li>4. Use the <a href="#">EBT Edge website</a> to change your password or check your food balance.</li> </ol>
<p><b>SHOPPING TIPS</b></p> 	<ol style="list-style-type: none"> <li>1. View this <a href="#">slide show with tips</a> to make eWIC Shopping easier.</li> <li>2. Are you having a problem using eWIC at the store? Submit your issue <a href="#">here</a> and receive a phone call for assistance later.</li> </ol>
<p><b>WIC FOOD IDEAS</b></p> 	<ol style="list-style-type: none"> <li>1. Pin TCHD WIC Pinterest <a href="#">recipes</a> to try with your family.</li> <li>2. Try a <a href="#">quick and simple</a> WIC food idea – no recipe needed!</li> <li>3. Find <a href="#">Kid Friendly MyPlate meal ideas</a></li> <li>4. Download the free <a href="#">Allrecipes</a> app for more ideas</li> <li>5. Join <a href="#">WIChealth.org</a></li> </ol>
<p><b>RESOURCES</b></p> 	<ol style="list-style-type: none"> <li>1. Dial 211 or visit <a href="#">211colorado.org</a> to connect with resources for you and your family.</li> <li>2. If you're pregnant with your first baby, consider enrolling in Nurse-Family Partnership, a free program for first-time moms. More info <a href="#">here!</a></li> </ol>
<p><b>WIC LOCATIONS &amp; PHONE NUMBERS, HEALTH INFORMATION</b></p> 	<ol style="list-style-type: none"> <li>1. Find your WIC clinic location, phone number and shopping with eWIC information at <a href="#">www.tchd.org/WIC</a>.</li> <li>2. Review the Colorado WIC Participant Rights and Responsibilities: <a href="#">English</a> <a href="#">Spanish</a> <a href="#">Russian</a> <a href="#">Arabic</a> <a href="#">Burmese</a> <a href="#">Nepali</a> <a href="#">Somali</a></li> <li>3. Voter Registration information: <a href="#">Go Vote Colorado</a>, <a href="#">Voting and Health</a></li> <li>4. For Colorado WIC updates go to: <a href="#">coloradowic.gov</a></li> <li>5. For Corona Virus/COVID-19 information go to <a href="#">www.tchd.org</a></li> </ol>

## WE'RE HERE FOR YOU

We look forward to future visits with you. If you need anything in the meantime, please do not hesitate to contact us.

Your local WIC team

