



Women, Infants, and Children Overseas Program

Receive supplemental food, nutrition education, and health screenings overseas

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Program to eligible overseas beneficiaries. The WIC Overseas Program provides participants and their families with important benefits, including:

- Nutrition and health screenings
- Nutritious foods
- Tips on how to prepare balanced meals
- Access to other resources that help families lead healthier lives

ELIGIBILITY

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

- Active duty service members and their family members
- DoD civilian employees and their family members
- DoD contractors and their family members

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

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

Contact your local WIC Overseas office to determine if you and your children are eligible for the WIC Overseas Program. WIC Overseas Program counselors determine eligibility by

evaluating income, family size, and other criteria. If you are eligible, the counselor will help you get started and determine how long you can participate in the program. Visit www.tricare.mil/wic to locate the nearest WIC Overseas Program office.

Note: If you are enrolled in the WIC Program in the United States and have transferred overseas, call your local WIC Overseas Program office to determine if you are eligible to participate in the WIC Overseas Program.

WIC OVERSEAS PROGRAM BENEFITS

The WIC Overseas Program is designed to supplement the food you regularly buy with additional nutritious foods. 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 redeem for specific foods and quantities in overseas commissaries and NEXMARTs (*drafts are accepted only at these overseas stores*).

Food items generally available through the WIC Overseas Program include:

- Milk
- Cheese
- Fresh fruits and vegetables
- Dried beans or peas
- Eggs
- Infant fruits and vegetables
- Iron-fortified infant formula and infant cereal

This fact sheet is not all-inclusive. For additional information, please visit www.tricare.mil.

- Iron-fortified adult cereal
- Peanut butter
- Vitamin C-rich fruit and/or vegetable juice
- Whole-grain bread and/or brown rice
- Canned tuna, salmon, and mackerel

In addition to providing nutritious foods and healthy meal planning, the WIC Overseas Program offers nutrition and health screenings for you and your children. These screenings may help identify health conditions early so that you can seek proper medical attention.

KEY POINTS TO REMEMBER

- There are **no** enrollment fees or costs. DoD offers the WIC Overseas Program free of charge to those who qualify.
- Substitutions on your drafts are **not** allowed. The commissary or NEXMART does not issue “rain checks” for items listed on your draft that are not in stock.
- If you cannot go shopping, another person may shop for you. Ask your WIC Overseas Program counselor for the appropriate paperwork, and remember that this person requires power of attorney.

FOR INFORMATION AND ASSISTANCE

You can learn more about WIC Overseas Program benefits and eligibility or locate the nearest WIC Overseas Program office by:

- Visiting www.tricare.mil/wic
- Calling the WIC Overseas Program Manager at **1-877-267-3728, ext. 218**
- E-mailing the WIC Overseas Program at wicoverseas@wicoverseas.net

An Important Note About TRICARE Program Information

*At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact the TRICARE Overseas Program contractor, a TRICARE Service Center, or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.*

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