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Q: What formulas are provided by the Oklahoma WIC program?

A: The State of Oklahoma WIC program has a contract with Nestle Gerber Good Start formulas. See [WIC approved formula](#) for more details.

Q: What if Gerber Good Start standard formulas are contraindicated for my patient?

A: Special formulas for a **qualifying medical diagnosis** may be requested by completion of the [Exception Request for Formula/Food](#) form used for women, infants or children. See [Formula Information](#) and our [Oklahoma WIC Formulary](#) for more details.

Q: Why was the formula that was requested not provided?

A: Possible reasons include:

- The form is missing information. Please complete the [Exception Request for Formula/Food](#) in its entirety.
- The formula requested is not allowable with the diagnosis and/or ICD codes provided. Please provide more information, if available. See [Formula Information](#) and our [Oklahoma WIC Formulary](#) for guidance.
- The formula that is being requested is a standard milk or soy-based formula that is not within the Oklahoma WIC contract for formula. Please see [WIC contract formula](#) for more information.

Q: What foods are included on the WIC program?

A: The WIC food benefits provide supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk.

- The WIC food benefits and nutrition education are the chief means by which WIC affects the dietary quality and habits of participants.
- Depending on the participants' eligibility and nutritional needs, the foods that can be in the WIC food package are: milk, eggs, cheese, tofu, yogurt, juice, cereal, peanut butter, dry legumes (beans or peas), canned legumes, peanut butter, fresh or frozen fruits and vegetables, whole grains, canned fish, infant formula, infant fruits/vegetables and infant meat.

**See the [Oklahoma Unified WIC Approved Food Card](#) for more details on foods available on the Oklahoma WIC Program.

Q: What varieties of milk are offered on the WIC Program?

A: Dairy milk, Lactose Free Milk, Evaporated milk, Fat Free Dry Milk, Acidophilus milk, Buttermilk and Soy milk (Least Cost Brand).

Q: What is the milkfat allowed on the WIC program?

A: Children ages 1-2 have whole milk as the standard milk that is assigned. This can be modified to a reduced fat milk like 2% or a low-fat milk like 1% or skim.

- *Women and Children 2 and over are issued low fat milk (1% or less) in accordance with USDA Guidelines.*

Q: Can WIC accommodate for special diets?

A: We are able to customize a food benefit within the Oklahoma WIC guidelines that will best fit the client's needs.

Q: During COVID-19, can patients still receive WIC benefits without going to the clinic in person?

A: Oklahoma WIC currently has a federal waiver in place which allows us to certify participants over the phone in light of COVID-19. Please [contact the local clinic](#) for additional information.

- *If the patient does not already have WIC, they can [apply here](#).*
- *If the patient does have WIC benefits and needs assistance, please [contact their local clinic](#) or call 1-888-OKLAWIC (655-2942).*

Q: What breastfeeding services are offered on the WIC Program?

A:

- *Prenatal and Post-Partum Breastfeeding Education Classes*
- *Breastfeeding encouragement and guidance with a breastfeeding specialist, International Board Certified Lactation Consultant (IBCLC), or Breastfeeding Peer Counselors, where available*
- *Evaluation for breast pumps if necessary*
- *Infant feeding guidance, including hunger and fullness cues*

****See [Breastfeeding Information](#) for more details.**

Q: A mom has a baby in the NICU. Can she get a breast pump from WIC?

A: WIC has breast pumps available for moms who are certified on the WIC program. She should call her [local WIC clinic](#) to see what is available.

Q: If a mom is providing both breastmilk and formula, how does WIC support this?

A: WIC supports and encourages any and all breastfeeding. Food benefits can be tailored to best meet mom's needs. Breastfeeding issues and concerns can be addressed through peer counseling, lactation consultants and designated breastfeeding experts.

****See [Breastfeeding Information](#) for more details.**

Q: Can donor human milk be provided through the Oklahoma WIC program?

A: At this time, human milk is not provided through WIC.

Q: How long does the WIC Program support Post-Partum Mothers?

A: The WIC program provides services for breastfeeding mothers for the duration of breastfeeding up to 1-year post-partum and non-breastfeeding mothers up to 6 months post-partum.

Q: What age can a child participate in WIC?

A: The WIC Program provides services for children up to 5 years of age.