

Clinic Site Locations
(all sites WICmobile except main office)

Waushara County

Main Office:

Family Health La Clinica Community Health Center
400 S Townline Rd, Wautoma, WI

Plainfield Public Library
126 S Main St, Plainfield, WI

Poy Sippi Public Library
W2251 Commercial St, Poy Sippi, WI

Marquette County

Westfield Municipal Building
129 E. Third Street, Westfield, WI

Marquette County Health & Human Services
428 Underwood Ave, Montello, WI

Endeavor Village Hall
400 Church Street, Endeavor, WI

Green Lake County

Tri-Country Boys & Girls Club
344 Broadway St, Berlin, WI

Green Lake County Government Center
571 County Road A, Green Lake, WI

Princeton Public Library
424 W Water St, Princeton, WI



January 2024



400 S Townline Rd
PO Box 1440
Wautoma, WI 54982

Phone: 920-787-5514
Fax: 920-787-9496
Email: WIC@famhealth.org

Famhealth.org/wic-services
[Instagram.com/wicmobile](https://www.instagram.com/wicmobile)
[Facebook.com/FHLCWIC](https://www.facebook.com/FHLCWIC)



*Schedule subject to change based on staffing and weather.
Visit Facebook for daily updates on clinic locations and times.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Closed for Holiday: New Year's Day	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Endeavor Ht/Wt/Lab 8:30-4:15		
7	8	9	10	11	12	13
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
14	15	16	17	18	19	20
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Princeton Ht/Wt/Lab 9:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
21	22	23	24	25	26	27
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 1:00-6:00		
28	29	30	31			
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00			



Tip of the Month:

Having trouble with your WIC purchase? **Take a picture of the item(s) you're trying to buy, along with the barcode(s), and your receipt.** This will help us identify the problem and how to fix it! It is also helpful to tell us the store, date, and time you were there. If possible, ask for manager assistance at the checkout to rule out issues with the cash register. Keep in mind, the store can't force a cash register system to allow WIC payment for foods that come up as not WIC approved.

This institution is an equal opportunity provider.



WHY DO WATERMELONS
HAVE FANCY WEDDINGS?

A: BECAUSE THEY CANTALOUPE

February 2024



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				1	2	3
				Westfield Ht/Wt/Lab 8:30-4:15		
4	5	6	7	8	9	10
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Green Lake Ht/Wt/Lab 8:30-4:15		
11	12	13	14	15	16	17
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Montello Ht/Wt/Lab 8:30-4:15		
18	19	20	21	22	23	24
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Poy Sippi Ht/Wt/Lab 11:00-4:15	Wautoma Ht/Wt/Lab 8:30-6:00		
25	26	27	28	29		
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 7:30-5:00		



Tip of the Month:

WIC provides a variety of different milk options based on each individual's nutrition needs. 1 year olds receive whole milk, while women and children age 2 and up receive 1% or skim. If you or your child are lactose intolerant or have a milk allergy, ask us about lactose free and soy options. You can also get a portion of milk substituted for yogurt, cheese and/or tofu!

Make sure to double check what type of milk(s) you have on your shopping list while making selections at the store.

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A BECAUSE THE POTATOES HAVE EYES AND THE CORN HAS EARS

March 2024



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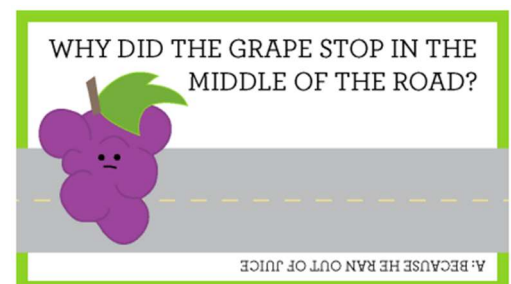
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Westfield Ht/Wt/Lab 8:30-4:15		
10	11	12	13	14	15	16
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
17	18	19	20	21	22	23
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Princeton Ht/Wt/Lab 9:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
24	25	26	27	28	29	30
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 8:30-6:00		
31						



Tip of the Month:

Do you know Wisconsin WIC has an app? You can download it from the Google Play or Apple App store. Search for "**Wisconsin MyWIC.**" You can use the app to view your current and future benefit balance, **scan barcodes** of food products to find out if they are WIC approved, view upcoming appointments, and find grocery stores that accept WIC near you. Your card can only be used in Wisconsin, so if you're going out of state, make sure to go shopping before or after your trip!

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April 2024



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21	22	23	24	25	26	27
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 1:00-6:00		
28	29	30				
	Wautoma 7:30-5:00	Wautoma 7:30-5:00				



Tip of the Month:

Buying fresh produce? The UPC barcodes on packaged fresh fruits and veggies change often. This means an item may not be in the WIC system and you may have to pay for it unless you ask the cashier to remove it. If you scan fresh fruits and vegetables with the MyWIC app, it may show as not approved. Some stores have "mapped" these products to correct this concern, but you won't know until you check out if it will come off your benefits. **The best option is to buy fruits and veggies sold by the piece or pound.**

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May 2024



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			1	2	3	4
			Wautoma Ht/Wt/Lab 7:30-5:00	Westfield Ht/Wt/Lab 8:30-4:15		
5	6	7	8	9	10	11
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
12	13	14	15	16	17	18
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Princeton Ht/Wt/Lab 9:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
19	20	21	22	23	24	25
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 8:30-6:00		
26	27	28	29	30	31	
	<i>Closed for Holiday: Memorial Day</i>	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00		



Tip of the Month:

Having trouble with your PIN number? **Your PIN will lock if you enter your PIN wrong four times. If you enter it incorrectly 1-3 times, the purchase will just be denied.** If your PIN becomes locked, take one of the following actions: 1) Call the number or go to the website on the back of the card. Follow prompts to set your new PIN. You can use your card again after your PIN resets at midnight. 2) Call our office and we will unlock the PIN for you. You can use the card right away.

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June 2024



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						1
2	3	4	5	6	7	8
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Westfield Ht/Wt/Lab 8:30-4:15		
9	10	11	12	13	14	15
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
16	17	18	19	20	21	22
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Poy Sippi Ht/Wt/Lab 11:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
23	24	25	26	27	28	29
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 8:30-6:00		
30						



Tip of the Month:

Did you know that the container size and type of juice you can get is different depending on who the juice is for? Pregnant and postpartum women can get 48 oz bottles or 12 oz frozen concentrate. Children receive 64 oz bottles, which includes options for refrigerated orange juice and tomato juice! **Your benefit list will specify which sizes you have (which may be both!).**

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WHY WAS
THE BABY
STRAWBERRY
SAD?



A: BECAUSE HIS MOM WAS IN A JAM

July 2024



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	1	2	3	4	5	6
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Endeavor Ht/Wt/Lab 8:30-4:15	Closed for Holiday: Independence Day		
7	8	9	10	11	12	13
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
14	15	16	17	18	19	20
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Princeton Ht/Wt/Lab 9:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
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	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 1:00-6:00		
28	29	30	31			
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00			

Tip of the Month:
During the summer, WIC offers separate checks in addition to your regular WIC benefits so you can **buy Wisconsin grown fruits, vegetables and herbs from local farm stands and farmers markets!** The checks can be used to buy produce from June 1st – October 31st. The amount varies from year to year, but generally you can get around **\$30 per WIC eligible family member** per season. Call us anytime to get your farmers market checks, you don't have to wait until your next appointment.

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August 2024



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				Westfield Ht/Wt/Lab 8:30-4:15		
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	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Green Lake Ht/Wt/Lab 8:30-4:15		
11	12	13	14	15	16	17
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Montello Ht/Wt/Lab 8:30-4:15		
18	19	20	21	22	23	24
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Poy Sippi Ht/Wt/Lab 11:00-4:15	Wautoma Ht/Wt/Lab 8:30-6:00		
25	26	27	28	29	30	31
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 7:30-5:00		

 **Tip of the Month:**
WIC food benefits expire every 30 days. Check your shopping list to find out when your benefits renew/expire. **Shop early during your benefit period if possible.** If you encounter problems while checking out, benefits cannot be replaced after they have already expired. Benefits are added up to 3 months at a time, but **do not renew automatically.** You must keep your WIC appointment to have more benefits loaded.



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September 2024



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1	2	3	4	5	6	7
	Closed for Holiday: Labor Day	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Westfield Ht/Wt/Lab 8:30-4:15		
8	9	10	11	12	13	14
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
15	16	17	18	19	20	21
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Princeton Ht/Wt/Lab 9:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
22	23	24	25	26	27	28
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 8:30-6:00		
29	30					
	Wautoma 7:30-5:00					

Tip of the Month:

 You can get beans and peanut butter with your WIC benefits! You may have one or both each month depending on who is in your family. If your shopping list says "1.00 CTR Beans or Peanut Butter," you can buy one of the following:

- 16 oz package dry beans, lentils, or peas
- 4, 15-16 oz cans of beans (if you buy 1 can it will take off 0.25 CTR)
- 16-18 oz jar peanut butter

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October 2024



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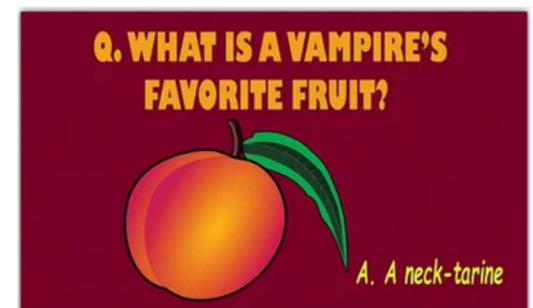
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Endeavor Ht/Wt/Lab 8:30-4:15		
6	7	8	9	10	11	12
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
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20	21	22	23	24	25	26
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 1:00-6:00		
27	28	29	30	31		
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma 7:30-5:00		

Tip of the Month:



WIC offers an add-on program for families with children age 2-4 years old called **Fit Families**. Our nutrition coaches provide you with resources, tips, education, monthly newsletters, and special events to help you and your children eat **more fruits and veggies, drink more water**, and be **more physically active**. Better yet, your child gets a **prize \$5** in value for every month you participate! Ask us for details on how to sign up at your next appointment!

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November 2024



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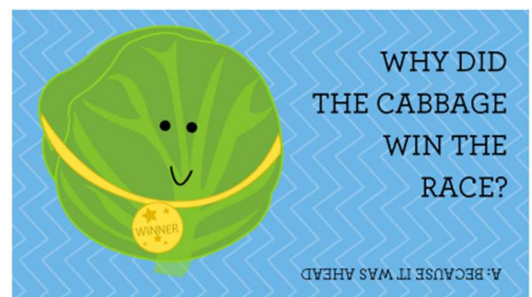
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Westfield Ht/Wt/Lab 8:30-4:15		
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24	25	26	27	28	29	30
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Closed for Holiday: Thanksgiving		



Tip of the Month:

Our WIC team is trained in breastfeeding education and support! We have a **Certified Lactation Specialist** and a **Breastfeeding Peer Counselor** on staff. **We are here to help you achieve whatever your breastfeeding goal is, whether that is 1 day or 1 year and beyond.** We are here to talk with you about any questions or concerns you have while you are pregnant and preparing to breastfeed, and after baby is born if you have concerns.

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December 2024



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8	9	10	11	12	13	14
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
15	16	17	18	19	20	21
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Poy Sippi Ht/Wt/Lab 11:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
22	23	24	25	26	27	28
	Wautoma 7:30-5:00	Closed for Holiday: Christmas Eve	Closed for Holiday: Christmas	Wautoma Ht/Wt/Lab 8:30-6:00		
29	30	31				
	Wautoma 7:30-5:00	Wautoma 7:30-5:00				




Tip of the Month:

Not sure what to make with all your WIC foods? In a rut with cooking and want some new ideas? Check out the **WIC Cookbook** on our Facebook page! There are lots of tasty, simple, family friendly recipes that utilize many WIC approved foods as ingredients (plus there are pictures too!).



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DO YOU KNOW WHY AN ORANGE IS SMART?



A: BECAUSE IT CONCENTRATES