

# ACTION CONNECTION

## Rev. Walt Parry to be Honored

*Chosen Outstanding Advocate for the  
Common Good*

The Interfaith Alliance and Fresno Ministerial Association are honoring Rev. Walt Parry on Sunday, June 4 as their 2006 Outstanding Advocate for the Common Good. Friends of Walt and Metro Ministry are invited to personally recognize his passionate journey from



Walt Parry

Knoxville, Tennessee, the third son of his second generation minister father and schoolteacher mother to the leadership of Metro Ministry and his position as a driving force for social justice locally in Fresno and in our Great Valley region.

Walt became Executive Director of Fresno Metro Ministry in 1985 and has helped the organization represent our community's voice in the critical areas of setting and enforcing air quality standards for our basin, assuring that healthcare and mental health services are more readily accessible to those who need them, enabling access to healthy food and limiting the captive commercial marketing of non-nutritious foods to our children in their schools, and promoting the cross cultural human relationships that are often required to successfully manage change in our community.

Walt is also being honored for his continuing contribution to our community through his service to children, his focus on refugee concerns, his help for the homeless and underserved as well as his longstanding commitment to reduce the human toll that hunger and food insecurity still take every single day on multiple thousands of our neighbors.

Walt and his wife, LeeAnn, have six adult children and five grandchildren who have enthusiastically supported his work for all of us. Please join in thanking them and Walt by calling the Ministerial Association for ticket information and reservations. 559.227.2050. Dinner tickets are \$35.00. The event will be held on Sunday, June 4 at Hope Lutheran Church, Fresno, starting at 5:30 p.m.

## On the road to healthy food choices for Fresno kids: Implementation of FUSD's Comprehensive Wellness Policy

*Edie Jessup with Carmen Pauls Wiens*

The Wellness Policy recently passed by Fresno Unified School District (FUSD) Board of Trustees is a comprehensive school policy to promote student health by establishing links between education, health, school meal programs, physical activity and the school campus. This ground-breaking policy represents a collaborative effort of the community-based Healthy School Environment Policy Committee, including 25 stakeholders designated by the FUSD Board of Trustees in 2004 to develop recommendations for environmental changes which would address health, prevent obesity and chronic disease. The successful passing of the policy also represents a new and effective level of cooperation between FUSD department heads. Metro applauds the leadership and cooperation of John Mauer – Physical Education; Barbara Miller – Health Services; Sharon Owyang – Nutrition Education; and Paul Idsvoog – Food Services.

Fresno is the first California School District to pass a comprehensive policy complete with administrative regulations. The policy meets federal requirements to establish a local school wellness policy by the beginning of the 2006-07 school year.

According to Edie Jessup, Hunger and Nutrition Coordinator for Metro Ministry, "the school district has resources in the community to make this work.

Other school districts have made money by switching to healthier food. In addition to obvious health implications for children and for the whole community, there is an economic basis for this – part of our commitment is to help with this."

In fact, healthier food choices at school may boost the local economy. "We're talking about 80-90,000 meals each day that could include local produce. Metro is currently working with FUSD on a U.S. Department of Agriculture grant proposal to assist in fresh produce utilization in FUSD's new central kitchen. We're actively looking for ways to make this work," Edie says.

The Wellness Policy requires adequate, nourishing food be available through food services to promote learning and maintain good health. Adequate time for eating will be provided. Nutrition standards at



*Collaboration for School Wellness Policy:  
Paul Idsvoog, FUSD Director of Food Services,  
and Metro Ministry's Edie Jessup*

See **Wellness Policy** inside

## Goods Movement through the San Joaquin Valley Requires New Perspective

### Metro represents “Valley Breathers” in statewide discussion

By Carolina Simunovic, Environmental Health Director, Fresno Metro Ministry

California is a gateway. The future of goods movement in and through California is now a top priority for the Governor. Because of its potential impact on the quality of our air and our lives here in the Valley, it is also coming under heavy scrutiny by health, community, and environmental justice advocates.

The San Joaquin Valley is one of four major international goods movement corridors in the state and contains three north/south distribution lifelines for products to and from the Pacific Rim and Asia: I-5, CA 99 and rail lines connecting Bay Area ports with the main southern route to the nation.

The Governor believes that increasing the volume of goods moving through the state will be good for our ports and our statewide economy, and hopes to do it “without causing additional harm” to communities that neighbor the goods movement corridors.

#### Another View

Metro believes that any plan regarding movement of additional goods through the Valley must find a balance between economic benefits and the health impacts related to air quality.

Our hope is that by using creative

thinking the state can develop solutions regarding the movement of goods so that the communities in the goods movement corridor will be able see real local economic benefit without having to sacrifice clean air, or their health.

This shift from “doing no harm” to providing real benefit to the Valley can seem like a minor adjustment in phraseology, but it is a revolutionary change in concept!

The comment made by Rev. Walt Parry, Metro’s executive director, to Sacramento-based Jorge Jackson at a recent Health Care Roundtable, illustrates how Metro has helped to reframe the conversation related to air quality. Walt said simply: “A major concern we have is the affect of our bad air quality on our health. Any transportation plan needs to focus on how we can improve our air quality.” (Find the full meeting transcript at [www.fresnometroministry.org](http://www.fresnometroministry.org).)

To date, environmental justice advocates have been able to make significant gains, calling for “continuous simultaneous improvement.” The administration has stated that while they plan to mitigate all of the impact that this new traffic will create, and that mitigation will be a priority, there is no guarantee

Metro is part of the Integrating Working Group – an appointed committee of forty-plus industry, government, and community representatives charged with submitting to the Governor a “Goods Movement Action Plan.”

Carolina Simunovic, Metro’s Environmental Health Director, is one of only two Valley voices on this panel. Carolina represents commitment to clean air, and the other Valley voice represents agriculture.

that funding will be available for mitigation projects. In a proactive stance, advocates are backing a proposal for \$30 container fees for each container entering the state of California. With that small fee, which translates to pennies more for a new CD player, the state could collect enough funds to make major progress towards reducing pollution caused by goods movement. Valley legislators and business leaders have urged the Governor to use goods movement funds to widen highway 99. Health advocates would like to see money used to fund a more comprehensive solution to battle both the negative impact that increased traffic will have on the air in the Valley and consequently the health of its residents. We would like to see funding go towards efforts to help residents deal with the negative impacts faced by Valley residents related to our poor air quality.

The discussion on Goods Movement comes on the heels of a new study released by CSU Fullerton last month that estimated the cost dirty air has on Valley residents at \$3 billion a year. The study, “Health and Related Economic Benefits of Attaining Healthful Air in the San Joaquin Valley,” reveals that each Valley resident pays \$1,000 a year to cover the costs of unclean air. See [www.fresnometroministry.org](http://www.fresnometroministry.org) for links to the study, and local responses.

**Get involved:** For more information on goods movement and other air quality advocacy efforts, e-mail Carolina at [Carolina@fresnometmin.org](mailto:Carolina@fresnometmin.org).



#### The Diesel-Powered Sneaker

Let’s follow the journey of a new pair of sneakers as they make their way from the factory to a local store. The sneakers get placed in a box with hundreds of other sneakers, then in a container with thousands more sneakers and other consumer goods, then on an international cargo ship. The ship is the length of a football field and burns bunker fuel, the dirtiest most polluting fuel available, as it crosses the 6,000 miles plus of the Pacific. It arrives at a port in southern California, either Los Angeles or Long Beach. The sneakers are unloaded from the ship by giant old machines that also run on dirty diesel fuel. It’s then placed on a diesel-powered truck or train (or both) and sent to a warehouse distribution center. The sneakers then get sorted and placed on another truck (or train) and make their way to the store shelf. Hundreds of tons of diesel pollution are generated in the delivery of the sneakers from factory to store shelf.

## 100th Community Health Care Roundtable

By Carmen Pauls Wiens

As the 100th consecutive Community Health Care Roundtable took place in May, it's interesting to look at achievements. We celebrate the results of eight years of collaboration. Roundtable participants include representatives from community based organizations, health care providers, health care advocates, representatives from unserved and underserved populations in Fresno, staff members from the offices of local elected officials, school personnel, members of congregations and representatives from the business and professional community.

The dedicated actions of these participants and Roundtable sponsors have enabled a community view to emerge on important health issues, opening communication channels for planning and action.

The Health Care Roundtables are presented each month as a public service to the community by Fresno Metro Ministry. If you would like to suggest topics for upcoming Roundtables, or to arrange sponsorship, please e-mail [metromin@fresnometmin.org](mailto:metromin@fresnometmin.org).

The complete agenda for next month's Roundtable, and transcripts for 98 previous Roundtables are available at [www.fresnometroministry.org](http://www.fresnometroministry.org).

### Community Achievements Linked to Metro's Health Care Roundtable

- In 2002, Fresno Metro Ministry's Health Care Roundtable began a series on air quality, framing the air quality challenges in the Central Valley as a health issue and laying the groundwork for media attention directed at cleaning up the unhealthy air we breathe in Fresno. See [www.fresnometroministry.org](http://www.fresnometroministry.org) for a link to the Fresno Bee's 2002 "The Last Gasp" and recent coverage of the air quality issue.
- Through actions sparked by the Roundtable in 2002, Fresno County now has a Public Health Officer with authority, independence, training and experience to provide leadership to adequately address health issues in Fresno County.
- Recognizing the need for cultural and linguistic competence for medical interpreters in our diverse Valley, the Roundtable and Metro's Local Healthcare Coalition have played a role in integrating new Hmong refugees and immigrants from other countries more effectively into the Fresno community.



Dr. Ed Moreno,  
Fresno County Public Health Officer

## USDA Recognizes Contribution of Fresno County Board of Supervisors

By Carmen Pauls Wiens

The U. S. Department of Agriculture (USDA) holds Fresno County as a model for others to follow in recognizing the economic necessity of Food Stamps for a healthy community. In a formal proclamation in 2004, Fresno County Board of Supervisors identified an important link between good nutrition and the local economy. The Board of Supervisors statement on Food Stamps is published in the USDA Food Stamp Outreach Toolkit released this spring. The Toolkit is a national resource promoting access to Food Stamps. See Metro's website for a link to the Food Stamp Outreach Toolkit and the Fresno County Proclamation.

Fresno Metro Ministry applauds the Board of Supervisors for linking the economic and nutritional benefits of food stamps, for maximizing enrollment of eligible families and individuals in

our county, and for providing a national model to promote access to Food Stamps.

The work of U.S. Congressional Hunger Fellows Dennis Barrett and Laura Tatum contributed to the Board of Supervisors formal statement, and other resources included in the national toolkit. Barrett and Tatum were invited to work on hunger issues in Fresno County in 2004 through collaboration of the Community Food Bank, Tulare County Food Link, the USDA Regional Office in San Francisco, and Fresno Metro Ministry. *Growing Health and Wealth in Fresno and Tulare Counties: A report by U.S. Congressional Hunger Fellows Dennis Barrett and Laura Tatum (February 2005)* can be found at [www.fresnometroministry.org](http://www.fresnometroministry.org).

### Health and Wealth

The Fresno County Board of Supervisors recognize ...

- Food insecurity and poor nutrition pose substantial risks to health resulting in large costs to society.
- The ranks of food insecure Californians include not only the most impoverished; the majority are working adults with families.
- The Food Stamp Program is Fresno County's front line defense against food insecurity and malnutrition.
- The Food Stamp Program supports local farmers and could contribute an additional \$160 million annually to Fresno County's economy.

## Wellness Policy

(continued from front page)

Fresno schools will meet or exceed state and federal nutrition standards, including foods and beverages available to students during the school day. The policy eliminates sodas and non-nutritious snacks. It prohibits outside commercial food vendors and limits donated foods that do not meet the nutritional standards. The policy will increase participation in the school meal program. Nutrition education will be provided in grades K – 12. Physical education standards at FUSD will meet or exceed the legal requirements. FUSD will promote and provide for regular physical activity for employees. The new policy encourages consistent communication between home and school regarding the relationship between student health and academic performance.

The policy establishes a School Health Council to guide implementation. Each school in the district will have one person responsible for ensuring implementation. The policy and regulations will be posted in public view at all schools. The Superintendent or designee will report to the Board of Trustees at least every two years regarding implementation of the policy.

### Background: Why improve access to nutritious food in Fresno's schools now?

In early 2003, the California Health Collaborative convened a health summit in Fresno County which focused attention on obesity and chronic disease in children related to poor nutrition and lack of exercise. The urgency of the problem was highlighted in reports about children in Fresno County diagnosed with Type II diabetes in elementary school, and admissions to Children's Hospital with broken bones related to obesity.

In response to the health summit, Metro's Child Nutrition Task Force made a strategic decision to improve access to nutritious food in all local schools – efforts which culminated in FUSD Board of Trustees approving the first comprehensive Wellness Policy in the state. Early on, the Task Force agreed that creating a healthy environment in schools would allow for the most effective changes to take place to improve the health and well-being of Fresno's children. Like most child health advocates, Metro's Child Nutrition Task Force recognizes that personal and family change are also needed – but these changes often come at glacial speed. So Metro and partners chose to focus on the environment where kids spend eight hours each day – an environment in which children are heavily influenced by peers as well as advertising, the educational structure of the day which often lacks vigorous activity and physical education, and unhealthy food choices available on campus at the cafeteria and through vending machines. The task force agreed that the local school environment seemed to be the place where the biggest impact could be made in the least amount of time.

### Timeline

**Fall 2001** – Metro Health Care Roundtable begins to address diabetes and obesity-related health issues in our community.

**Spring 2003** – California Health Collaborative Summit on obesity and children in Fresno County.

**June 2003** – Metro Hunger and Nutrition Forum focuses on childhood obesity and appropriate community response.

**Fall 2003** – Metro Child Nutrition Task Force makes strategic decision to focus on healthy environment in school.

**June 2004** – FUSD Board of Trustees appoints the Healthy School Environment Committee to make recommendations on healthy school environment.

**March 8, 2006** – FUSD passes first comprehensive wellness policy in the state.

**What's next?** Metro's Edie Jessup recognizes several important items which are missing from the current Wellness Policy including a guaranteed, free source of clean water on each campus; four-year P.E. requirements; and P.E. standards for kindergarten as well as grades 1 – 12. These items, along with the FUSD Board of Trustees' decision to "discourage" rather than "prohibit" on-campus advertising of unhealthy food, will guide next steps for healthy school environment advocates.

**Get Involved.** Community representatives are needed to serve on the newly created School Health Council. Council members will be appointed by the Superintendent and will be responsible for implementation of the Wellness Policy. The Council will include students, parents, food service representatives, administrators, nurses, counselors, teachers, representatives from the school board and the community. If you're interested in participating, contact Edie Jessup at [edie@fresnometmin.org](mailto:edie@fresnometmin.org).

## Metro Nominee Jeffrey Davidson Receives 2006 Hunger Fighter Award

By Jeremy Hofer

As Director of Food Services at Sanger Unified School District, Jeffrey Davidson has changed the culture of school food services in order to fight hunger among his 9,000 students – 70% of which qualify for free or reduced priced meals. Over the last three years, Davidson has helped move the district from serving 900,000 meals per year to over 1.8 million, doubling the number of meals served to

Sanger's children! This accomplishment was due in large part to Davidson's move to serve breakfast in the classroom, a move which kept students learning and out of the nurse's office.

When students still complained of being hungry in the morning, Davidson replaced the juices served for breakfast with a whole fruit purchased from local farmers. By doing this, he went from buying 4-5 cases in a week to well over 120 per week all the while moving his department into the black! Davidson also increased participation by redesigning the lunch program, making it more nutritious and appealing, and engaging students in

meal and site design. He threw out junk food and sodas and instituted salad bars at all twelve elementary school sites. Last year Davidson instituted a lunchtime "farmers market" where students are introduced to new fruits and vegetables like collard greens and Asian vegetables. The newly introduced items are served on the salad bar the next day.

Davidson was nominated by Jeremy Hofer, Metro Ministry staff, and received the 2006 Hunger Fighter Award at Hunger Action Day on May 16 in Sacramento. He was one of seven awardees, the only representative of a School District recognized this year.

**Community Medical Centers** Board’s plan to move the Level 1 Trauma Center and Burn unit from the aging U.M.C. campus to the new facility on the Regional Medical Center’s (Fresno Community Hospital) campus is commendable. On the contrary, CMC’s unilateral decision to delete undocumented patients from the County-contracted Medically Indigent Program was not. That decision was quickly reversed after Fresno County informed them of a court judgment. Now, both CMC and Fresno County are further researching the issue.

**Bridges, not walls**, are needed in developing a just and compassionate immigration policy. The House approved bill literally and figuratively would build walls. Under that House bill, all undocumented persons would become felons, as would any doctor, clergy, or other persons who follow long-established faith values by providing a helping hand. Rather than walls, we can build bridges so that the road to legal status for immigrants is much faster and more affordable. We can build bridges so that both our blended families (citizens, legal resident, undocumented) and our undocumented families are no longer threatened by suddenly being torn apart or all sent to a place that is no longer their home.

The new comprehensive **Wellness Policy** adopted by Fresno Unified will result in healthier children and healthier adults. This success demonstrates that Fresno community organizations and institutions can rally, work together, and create results that make Fresno a better place to live. Thanks to Metro staff member Edie Jessup for her significant leadership in mobilizing the many organizations that contributed to this victory for better health.

Each month **Community Health Care Roundtable** participants introduce themselves and their organizations, revealing a diversity of backgrounds. What they have in common is their commitment to increasing health care access and improving public health. Over the years, informal and formal networks have developed through the Roundtables that engage in projects and activities that result in better access and improved health. I thank all those many partners who have participated in the Roundtable over the years.

**Daniela Simunovic** joined the Metro staff as a replacement for her sister Carolina during Carolina’s maternity leave. Daniela stayed on as assistant environmental health director and New Leaders For Better Health Coordinator. She recently produced Metro’s Spanish language community services directory “Creando Conexiones”. Daniela is now moving on to become an organizer for the Center on Race, Poverty and the Environment in Delano. We thank her for her contributions to Metro and to our community. Metro welcomes new staff members. Michael Duarte began as Metro’s new administrative assistant, and Bee Lee joins us for a brief period as outreach assistant.

Fresno Metro Ministry “Action Connection” is published regularly as part of an ongoing commitment to share information, coordinate resources, and facilitate effective action for the community good.

**Publication Information**

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“Action Connection” is printed on post-consumer paper with soy-based ink. 

This is a new format for our newsletter and we want to make sure it’s working for our readers. Send comments to [carmen@fresnometmin.org](mailto:carmen@fresnometmin.org).

**Coming and Going**

Metro welcomes Michael Duarte, our new administrative assistant, and Bee Lee, outreach assistant. All the best to Daniela Simunovic as she takes a new position with the Center for Race, Poverty and the Environment.



Michael Duarte



Bee Lee



Metro Ministry's Daniela Simunovic (above, center) joins New Leaders Julieta, Lizette, Elva and Rosa to review tips for sharing personal stories with legislators. At the leadership and advocacy training, New Leaders practiced delivering their messages to elected officials through simulated phone calls and role play visits to Assemblymembers. In May, fifteen New Leaders joined representatives from local congregations, community based organizations and professionals to advocate for state policies which support access to nutritious food. The nutrition advocates traveled to Sacramento for Metro's Hunger Action Day. Metro's Air Quality Action Day will take place in June.



## “New Leaders for Better Health” Improve Health Care Access in Fresno

By Daniela Simunovic and Carmen Pauls Wiens

In preparation for Hunger and Air Quality Action Days in Sacramento this summer, Metro Ministry trained 140 “New Leaders for Better Health” at a special Advocacy and Leadership educational event sponsored by Metro in Fresno. With diverse backgrounds, ages, and languages, these New Leaders are now working to raise a collective voice for access to health care, nutritious food, neighborhood safety and air quality. This year’s group also provided significant input for Metro’s new *Creando Conexiones*, the first comprehensive Spanish-language consumer guide for social services in Fresno County -- a resource receiving rave reviews from both professionals who recommend it and consumers who are using it.

The Navigator Project – a six-month program that has trained a dozen Spanish- and Lao- speaking leaders to help members of their communities overcome those every day obstacles to health care services – came from an idea developed within Metro’s New Leaders program. The “Navigators” recently spent four months serving as important liaisons to University Medical Center Staff, helping close the access gap that exists around culturally and medically appropriate health services. They also “deployed” themselves in their own neighborhoods, schools and community based venues, sharing important strategies for overcoming barriers to health care with their neighbors.

Metro has trained around 120-140 New Leaders each year since the program began in September 2003.

**Get Invo ved:** Fresno Metro Ministry is seeking \$25,000 to implement a second phase of the Navigator program, further developing the skills of the first graduating class of Navigators, and inviting additional peer leaders to begin the process. For more information on the impact of the Navigators project on health care access in our community, contact Walt Parry (walt@fresnometmin.org).

## Creando Conexiones/ Creating Connections: Resource Guide Available in Spanish

By Daniela Simunovic

*Creando Conexiones* (Creating Connections) is Metro’s first comprehensive Spanish language resource guide to social services in Fresno County. The 38-page guide offers information on healthcare, food access, education, transportation, utility assistance, immigration, and legal aid services. The guide includes a section on our Valley’s Air Quality problem.

Thanks to funding through the Vitamin Cases Consumer Settlement, copies of *Creando* are FREE of charge. Copies are available for pick-up at the Metro Office; e-mail metromin@fresnometmin.org to place on order. We plan to incorporate an English version of *Creando* in the 2006-07 “Making Connections Community Resource Directory.”

Our hope is that this guide will connect members of the Spanish speaking community with programs and agencies that can help them and their families lead a healthier life.

**WIC significa** **Women, Infants, and Children**. WIC es un programa de servicios asistenciales nutricionales y educacionales para nutrir a mujeres embarazadas, madres primerizas, niñas, y niños menores de cinco años. WIC es ayuda a comer bien y mantenerse saludable. **Este beneficio WIC es "Carga Pública"**

**¿QUÉ CALIFICA?**

- Mujeres embarazadas
- Mujeres lactantes o que han tenido un bebé reciente
- Niños nacidos
- Niños menores de 5 años
- Cuando ingresos están dentro de los límites permitidos por el gobierno. Si está embarazada, solicite una al número de teléfono en su tarjeta.
- No importa su estado migratorio

**¿Dónde aplicar?**

Almacén	Horario	Día	Dir.
Alameda	9:00 am - 5:00 pm	Lun - Vie	1000 E. Alameda
Arroyo	9:00 am - 5:00 pm	Lun - Vie	1000 E. Arroyo
Central	9:00 am - 5:00 pm	Lun - Vie	1000 E. Central
Del Norte	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Norte
Del Sur	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Sur
Del Este	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Este
Del Oeste	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Oeste
Del Centro	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Centro
Del Norte	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Norte
Del Sur	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Sur
Del Este	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Este
Del Oeste	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Oeste
Del Centro	9:00 am - 5:00 pm	Lun - Vie	1000 E. Del Centro

**¿Qué tipo de servicios ofrece WIC?**

- 1. Asesoría y apoyo en lactancia materna
- 2. Referencias para servicios de salud
- 3. Cupones especiales para comprar alimentos saludables como:
  - Leche
  - Fórmulas
  - Jugo
  - Harina de cereales (maíz)
  - Panes
  - Pastas y productos pasteles
  - Aceite
  - Café
  - Alimentos
  - Pastas y vegetales frescos

**PARA APLICAR NECESITA LLAMAR Y HACER UNA CITA CON WIC**

**Oficina de WIC**  
**(559) 263-1150**  
Lunes-Viernes 9:00 am - 5:00 pm  
Fresno 93721

**Un Centro Móvil de WIC**  
**(559) 938-7170**  
1000 E. Monterey Ave.  
Fresno 93704  
Lunes-Viernes 9:00 am - 5:00 pm

**Cuando vaya a aplicar necesita llevar:**

- Una identificación con su foto
- Un comprobante de domicilio
- Un comprobante de los ingresos de su casa como:
  - Su talón de cheque, un reporte de su cuenta bancaria, formulario W-2, etc.
- Si está esperando para alguno de sus hijos necesita traer en persona a la cita
- La tarjeta de seguros para el niño que usted está cuidando
- El número de la tarjeta donde desea usar los cupones de WIC
- Si tiene Med-Cal necesita traer su tarjeta (Si no tiene Med-Cal no se preocupe)
- Cuando vaya le van a pedir una "declaración para WIC" de su doctor. Si la tiene la necesita traer. Si no la tiene le darán una cuando venga a la cita y le traerá en su segunda visita.

*Creando Conexiones:* 1) Lists program name and description. 2) Indicates if the program is public charge. 3) Lists who qualifies. 4) Symbol distinguishes programs available regardless of immigration status. 5) States where to apply. 6) Lists documents needed to complete application. 7) Lists services offered.