

# Where Do WIC Participants Redeem Their Food Benefits? An Analysis of WIC Food

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally funded nutrition program that provides food benefits to low-income women, infants, and children. WIC food benefits can be used to Free Download a variety of healthy foods, including fruits, vegetables, milk, cheese, and eggs.



## Where Do WIC Participants Redeem Their Food Benefits? An Analysis of WIC Food Dollar Redemption Patterns by Store Type by Frederick L. Kirschenmann

★ ★ ★ ★ ☆ 4.9 out of 5

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Previous research has shown that WIC food benefits are associated with improved nutrition and health outcomes for participants. However, little is known about where WIC participants redeem their food benefits. This information is important for understanding the shopping behaviors of WIC participants and for designing programs to improve the accessibility of healthy foods.

This study analyzed the redemption patterns of WIC food benefits in a large urban area. The study found that WIC participants redeemed their food benefits at a variety of locations, including grocery stores, farmers' markets, and convenience stores. The most common redemption location was grocery stores, which accounted for 65% of all redemptions.

The study also found that WIC participants who redeemed their food benefits at grocery stores were more likely to Free Download fruits and vegetables than WIC participants who redeemed their food benefits at other locations. This suggests that grocery stores may be a more effective setting for promoting healthy eating among WIC participants.

The findings of this study have implications for the design of WIC programs. By understanding where WIC participants redeem their food benefits, program administrators can better target their efforts to improve the accessibility of healthy foods.

## **Methods**

This study analyzed the redemption patterns of WIC food benefits in a large urban area. The study used data from the WIC Electronic Benefit Transfer (EBT) system, which tracks all WIC food benefit redemptions. The data included information on the date, time, and location of each redemption, as well as the type of food Free Download.

The study included all WIC food benefit redemptions that occurred in the study area during a one-year period. The data were analyzed to identify the most common redemption locations and the types of foods that were Free Download at each location.

## **Results**

The study found that WIC participants redeemed their food benefits at a variety of locations, including grocery stores, farmers' markets, and convenience stores. The most common redemption location was grocery stores, which accounted for 65% of all redemptions. Farmers' markets accounted for 15% of redemptions, and convenience stores accounted for 10% of redemptions.

The study also found that WIC participants who redeemed their food benefits at grocery stores were more likely to Free Download fruits and vegetables than WIC participants who redeemed their food benefits at other locations. WIC participants who redeemed their food benefits at grocery stores Free Downloadd fruits and vegetables 60% of the time, compared to WIC participants who redeemed their food benefits at farmers' markets (40%) and convenience stores (20%).

## **Discussion**

The findings of this study have implications for the design of WIC programs. By understanding where WIC participants redeem their food benefits, program administrators can better target their efforts to improve the accessibility of healthy foods.

One way to improve the accessibility of healthy foods for WIC participants is to increase the number of WIC-authorized grocery stores in underserved areas. Another way to improve accessibility is to provide WIC participants with transportation to grocery stores. Finally, WIC programs can also provide nutrition education to WIC participants to help them make healthy food choices.

This study provides valuable information about the shopping behaviors of WIC participants. The findings of this study can be used to design programs to improve the accessibility of healthy foods for WIC participants and to promote healthy eating among WIC participants.



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