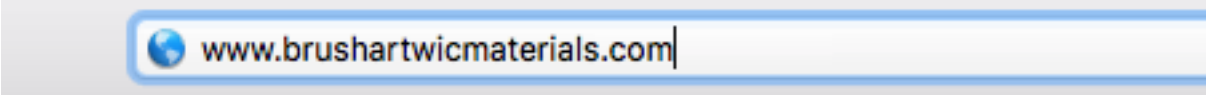


Brush Art WIC Materials Online Ordering Site

Website Navigation & Instruction

Website URL

- Website access will be under the URL
www.brushartwicmaterials.com



www.brushartwicmaterials.com

Login

For username and password information, see the email sent from MN WIC State Agency.

SIGN IN

Email Address

minnesota@brushart.com

Password

.....|



Submit

WELCOME TO THE BRUSH ART WIC MATERIALS ORDERING WEBSITE

Please log in with your designated username and password to view and order new WIC materials

[Forgot Password?](#)

[Looking to see samples?](#)

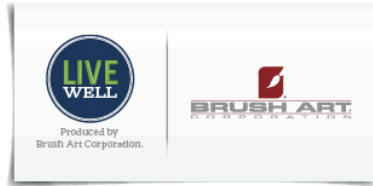
[Don't Have a username?](#)

[CLICK HERE](#)




Home Page

This is the home page of the site after login. The site was designed with straightforward navigation and functionality.



LOG OUT

Minnesota

[Home](#) [Request Materials](#) [Contact Us](#) 

Welcome to BrushArtWICMaterials.com. Use the links below to view and order WIC materials or to contact us directly.



REQUEST MATERIALS

[Select from your state inventory.](#)



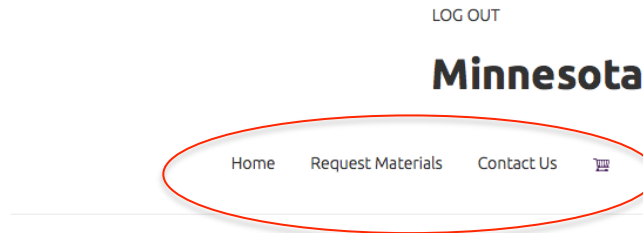
CONTACT US

Get in touch with Brush Art if you have questions.

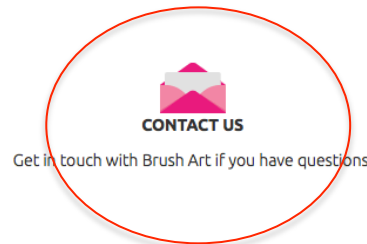
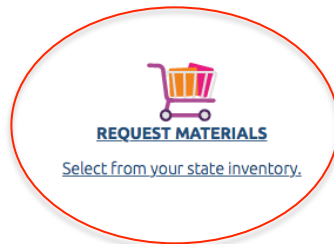


Request Materials & Contact Us

The two main buttons on the website are Request Materials & Contact Us. They can also be accessed using the top row navigation.

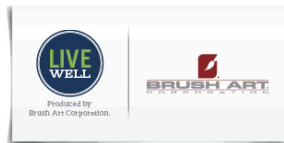


Welcome to BrushArtWICMaterials.com. Use the links below to view and order WIC materials or to contact us directly.



Request Materials

Click on Request Materials to access the list of Minnesota WIC approved materials available for ordering.



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REQUEST MATERIALS

Click on a product below for a preview and ordering options.

[ALL](#) [BURMESE](#) [ENGLISH](#) [SPANISH](#)

QUICK LINKS > [PREGNANCY CARDS](#)

Title of Type

[MINNESOTA WIC - EATING WELL DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTHY WEIGHT GAIN DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTH TIPS FOR PREGNANT WOMEN](#)

[MINNESOTA WIC - NAUSEA & VOMITING DURING PREGNANCY](#)

[MINNESOTA WIC - HEARTBURN & UPSET STOMACH DURING PREGNANCY](#)



Request Materials Cont.

The title of the list of approved materials can be viewed on the bottom



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Click on a product below for a preview and ordering options.

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QUICK LINKS > [PREGNANCY CARDS](#)

Title of Type

[MINNESOTA WIC - EATING WELL DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTHY WEIGHT GAIN DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTH TIPS FOR PREGNANT WOMEN](#)

[MINNESOTA WIC - NAUSEA & VOMITING DURING PREGNANCY](#)

[MINNESOTA WIC - HEARTBURN & UPSET STOMACH DURING PREGNANCY](#)




Request Materials Cont.

For easy navigation use the optional filters to find the materials you are looking for faster. Quick links will sort by broad material categories (Pregnancy, Breastfeeding, Infant, etc). Alternatively, choosing a language will only display materials created in the chosen language. Click the “ALL” button to return to the entire selection of materials.



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REQUEST MATERIALS

Click on a product below for a preview and ordering options.

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[QUICK LINKS](#) > [PREGNANCY CARDS](#)

Title of Type

[MINNESOTA WIC - EATING WELL DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTHY WEIGHT GAIN DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTH TIPS FOR PREGNANT WOMEN](#)

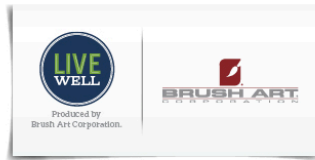
[MINNESOTA WIC - NAUSEA & VOMITING DURING PREGNANCY](#)

[MINNESOTA WIC - HEARTBURN & UPSET STOMACH DURING PREGNANCY](#)




Time To Order

Say you would like to order more of the Minnesota WIC Eating During Pregnancy Cards. Select the option in the bottom list.



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Click on a product below for a preview and ordering options.

ALL

BURMESE

ENGLISH

SPANISH

[QUICK LINKS > PREGNANCY CARDS](#)

Title of Type

[MINNESOTA WIC - EATING WELL DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTHY WEIGHT GAIN DURING PREGNANCY](#)

[MINNESOTA WIC - HEALTH TIPS FOR PREGNANT WOMEN](#)

[MINNESOTA WIC - NAUSEA & VOMITING DURING PREGNANCY](#)

[MINNESOTA WIC - HEARTBURN & UPSET STOMACH DURING PREGNANCY](#)



Ordering Cont.

Clicking the desired material will take you to the next step in the ordering process. On this screen you will see a cover image of the item being ordered and a “Quantity” box below.

MINNESOTA WIC - NUTRITION DURING PREGNANCY

REMAINING ALLOTMENT: 500 of 500

Enter the number of pieces you need and add to cart.



Why is eating right during pregnancy a big deal? Your baby depends on you to give them everything they need to grow. Eating plenty of healthy foods during pregnancy and while breastfeeding will help shape your baby's preferences for healthy and nutritious food.

FILLING YOUR PLATE

- › Instead of eating 3 big meals, try to eat five to six small meals a day.
- › Fill your plate with different colored fruits and veggies to make your plate more inviting and your meals more healthy.
- › Make half of your grains whole grains (bread, pasta, cereal and crackers).
- › Eat a small amount of lean protein like chicken, fish, eggs, peanut butter, beans or low-fat cheese with each meal and snack.
- › Eat foods that are high in healthy fats. Avocados, nuts and olive oil are all good sources of healthy fats. Eat more fatty fish. Fatty fish contain important omega 3 fatty acids for your baby's brain. Guidelines for safely eating fish during pregnancy and while breastfeeding can be found at: <http://www.health.state.mn.us/divs/eh/fisheating/safeeating.html>
- › Drink plenty of water.
- › Limit caffeine (less than 200mg/day).

SNACKS: TASTY, HEALTHY AND EASY

- › Peanut butter with celery
- › Whole grain crackers or fruit with peanut butter
- › Cucumber and carrots with hummus dip
- › Yogurt with dry cereal, nuts or dried fruit
- › Fruit smoothie



Revised 03/19/19

Quantity

Add to Cart

Ordering Cont.

Enter the desired quantity that is needed for **this order** and select “Add to Cart”. Notice “Please order in multiples of 25”. This is referencing the cards are shrink wrapped in packs of 25. It’s not mandatory, but if possible please order a quantity divisible by 25 (25, 50, 75, 100, etc.).

MINNESOTA WIC - EATING WELL DURING PREGNANCY

Enter the number of pieces you need and add to cart.



Why is eating right during pregnancy a big deal? Your baby depends on you to give them everything they need to grow. Eating plenty of healthy foods during pregnancy and while breastfeeding will help shape your baby's preferences for healthy and nutritious food.

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- › Eat a small amount of lean protein like chicken, fish, eggs, peanut butter, beans or low-fat cheese with each meal and snack.
- › Eat foods that are high in healthy fats. Avocados, nuts and olive oil are all good sources of healthy fats. Eat more fatty fish. Fatty fish contain important omega 3 fatty acids for your baby's brain. Guidelines for safely eating fish during pregnancy and while breastfeeding can be found at: <http://www.health.state.mn.us/divs/eh/fisheating/safeeating.html>
- › Drink plenty of water.
- › Limit caffeine (less than 200mg/day).

SNACKS: TASTY, HEALTHY AND EASY

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- › Cucumber and carrots with hummus dip
- › Yogurt with dry cereal, nuts or dried fruit
- › Fruit smoothie



Revised 03/19/18



Quantity (Please order in multiples of 25 if possible (i.e. 25, 50, 75, etc.))

Add to Cart


Shopping Cart

After Adding an Item to the cart you will be sent to your Shopping cart. Below you will see the item(s) you have ordered as well as the Quantity.



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Product added to Cart

SHOPPING CART

Check your order below

Product	Quantity	
MINNESOTA WIC - NUTRITION DURING PREGNANCY	<input type="text" value="50"/>	X

Continue Shopping

Update Cart

Checkout




Shopping Cart

Did you accidentally add the wrong item? No problem, just hit the “X” on the right of the item to remove.



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Product added to Cart

SHOPPING CART

Check your order below

Product	Quantity	
MINNESOTA WIC - NUTRITION DURING PREGNANCY	<input type="text" value="50"/>	

Continue Shopping

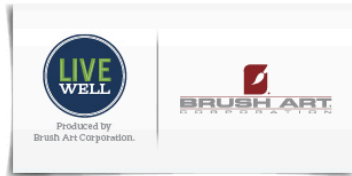
Update Cart

Checkout



Shopping Cart

The Quantity can also be changed in the shopping cart. IMPORTANT If you change the quantity just make sure and hit “Update Cart” or it will not save the change when you go to check out.



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Product added to Cart

SHOPPING CART

Check your order below

Product

Quantity

MINNESOTA WIC - NUTRITION DURING PREGNANCY

50

X

Continue Shopping

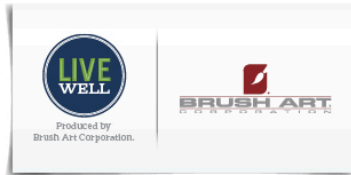
Update Cart

Checkout



Update Cart

You will receive this notification on the screen if you updated your cart properly after changing quantities.



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Cart has been updated.

SHOPPING CART

Check your order below

Product

Quantity

MINNESOTA WIC - NUTRITION DURING PREGNANCY

25



X

Continue Shopping

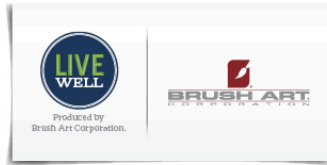
Update Cart

Checkout



Shopping Cart

Select “Continue Shopping” or “Checkout” when you are ready to move on.



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Product added to Cart

SHOPPING CART

Check your order below

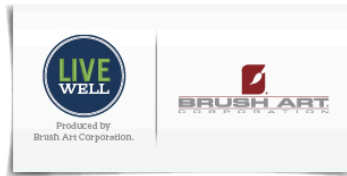
Product	Quantity	
MINNESOTA WIC - NUTRITION DURING PREGNANCY	<input type="text" value="50"/>	X

[Continue Shopping](#) [Update Cart](#) [Checkout](#)



Shopping Cart Access

Your Shopping Cart can also be accessed at any time using the Shopping Cart Icon in the top right navigation.



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Home

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REQUEST MATERIALS

Click on a product below for a preview and ordering options.

ALL

BURMESE

ENGLISH

SPANISH

QUICK LINKS > PREGNANCY CARDS

Title of Type

Remaining Allotment

MINNESOTA WIC - NUTRITION DURING PREGNANCY

500 of 500



Delivery Information

After Checking out please fill out all relevant Delivery information. It is important you fill out the “**Email**” field with **your email address** accurately so you receive the “Confirmation Email” for the order. **DO NOT** use the minnesota@brushart.com email here.



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DELIVERY

Enter your shipping information

Confirmation of your order will be sent to the email address entered below

Personal Information

First Name	<input type="text" value="First"/>
Last Name	<input type="text" value="Last"/>
Phone	<input type="text" value="888 - 888 8888"/>
Email	<input type="text" value="janedoe@agency.com"/>

Agency Information

Agency Name	<input type="text" value="Test Agency"/>
Address 1	<input type="text" value="Address"/>
Address 2	<input type="text" value="Suite 201"/>
City	<input type="text" value="City Name"/>
State	<input type="text" value="Minnesota"/>
Zip	<input type="text" value="99999"/>

Additional Information

Inside Delivery Required? Yes No

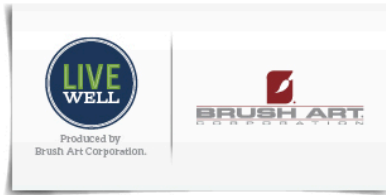
Lift Gate Needed? Yes No

Special Delivery Instructions

Order

Order Confirmation

You will receive this notification on screen **as well as an email** confirming your order. If you did not receive an email, and have checked any junk or other email filters, please contact us to confirm the order went through.



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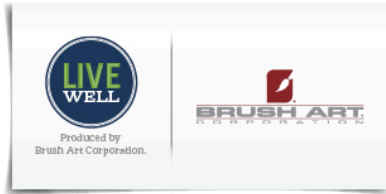
Thank you for your order

Your order confirmation will be emailed shortly.



Contact Us

If you have any questions or run into any issues during or after the ordering process please hit the “Contact Us” button and email Julie Brush or Jake Brush



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Thank you for your order

Your order confirmation will be emailed shortly.

