

A close-up, high-angle photograph of a young child's face. The child has bright blue eyes and is looking upwards and to the right. The lighting is soft and warm, highlighting the texture of the skin and the color of the eyes. The background is a blurred, warm-toned surface.

EVERY CHILD
IN MINNESOTA CAN BE

healthy
&
well fed

WIC CAN HELP...



**WIC
works...**

- Healthier pregnancies
- Healthier births
- Healthier children

**You
may
qualify...**

**WIC INCOME GUIDELINES
Effective July 2009 - June 2010**

***Presumptive Eligibility
Income Guidelines for
Minnesota Health Care Programs***

| FAMILY SIZE * | ANNUAL INCOME |
|----------------------|----------------------|
| 1 | \$29,784 |
| 2 | 40,080 |
| 3 | 50,376 |
| 4 | 60,672 |
| 5 | 70,968 |
| 6 | 81,264 |
| 7 | 91,560 |
| 8 | 101,856 |

**Pregnant women count as 2 persons*

Standard Income Guidelines

| FAMILY SIZE * | ANNUAL INCOME |
|----------------------|----------------------|
| 1 | \$20,036 |
| 2 | 26,955 |
| 3 | 33,874 |
| 4 | 40,793 |
| 5 | 47,712 |
| 6 | 54,631 |
| 7 | 61,550 |
| 8 | 68,469 |

**Pregnant women count as 2 persons*

Do
you
know...



Someone who is pregnant?



A family with young children who would enjoy some nutrition tips and healthy food?



A working family with young children having trouble making ends meet?

If you answered "yes" to any of these questions, we have a wonderful nutrition program to share with you.

WIC
WOMEN, INFANTS
& CHILDREN
NUTRITION PROGRAM

YOU WORK HARD TO BE A GOOD PARENT

Let Us Help



You know that good nutrition is important while you're pregnant and during a baby's early years. It's just not always easy. That's where WIC can help. And WIC can help save you some money, too.



YOU MAY QUALIFY...

If you are pregnant, nursing, or have a child under age 5, we encourage you to apply. In WIC, your family will receive the food and help you need for good health.

CALL FOR A WIC CLINIC NEAR YOU

1-800-WIC-4030

OR CALL 1-800-942-4030

You can also visit the Minnesota Department of Health Website at
www.health.state.mn.us/divs/fh/wic/

To request this material in another format contact:



Minnesota Department of Health
P.O. Box 64882, St. Paul, MN 55164-0882
PHONE 1-800-657-3942
TTY 1-651-201-5797

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WIC PROVIDES...

- Nutrition advice and tips
- Healthy foods like fresh fruits and vegetables, whole grain cereals, bread and tortillas, low fat milk and baby foods
- Breastfeeding support
- Caring and supportive staff

TO LEARN MORE...

Just call 1-800-WIC-4030 for a WIC clinic near you. It won't cost you a thing. What you have to gain is a healthier baby, healthier family, and healthier you.

Don't delay...we're here to help.

