

WELCOME TO



What you
need to know
about WIC



MINNESOTA

WIC



Connecting with You

NUTRITION FOR WOMEN, INFANTS & CHILDREN

Welcome to WIC

WIC is a nutrition program that helps families eat well... and stay healthy

the
WIC program
provides

Nutrition Education

WIC does nutrition assessments, and provides one-on-one counseling about food, nutrition and breastfeeding to help you feed your family in a healthy way.

Healthy Foods

WIC gives you vouchers to buy healthy foods.

Health Services

WIC helps you with referrals to other health and social services.

**We're happy to have you
with us! Let's work together
so you can receive the
greatest benefit from WIC.**

**If you have any questions,
please ask your WIC staff.**

WIC MINNESOTA

Who is WIC for?

Women who are...

- pregnant
- breastfeeding, or
- recently had a baby

You can stay on WIC for one year after your baby is born if you are breastfeeding, or for six months if not breastfeeding.

Infants from...

- birth to 1 year of age

Children from...

- 1 year of age to their 5th birthday

How you qualify for WIC

To **qualify for WIC** you need to...

- Have a nutritional and/or medical need
- Meet the WIC income guidelines or be enrolled in another program such as Medical Assistance or SNAP



WIC Nutrition Education

WIC provides information and suggestions specific to your family's needs

What you will **learn about nutrition** from WIC

Women

- Healthy eating during pregnancy
- Healthy eating after you have your baby
- How to breastfeed
- How to meet your individual nutrition needs

Infant

- How to feed your baby
- How to keep your baby healthy

Children

- How to feed your growing child
- How to keep your child healthy

why WIC recommends breastfeeding

Breastfeeding is *the healthiest way* to feed your baby.

- Your milk is custom-made for your baby.
- Your milk changes as your baby grows.
- Your milk gives your baby protection from infections and illnesses.
- Breastfeeding is good for moms, too. Women who breastfeed have lower rates of breast cancer, stronger bones and faster weight loss.
- Moms and babies love (and benefit from) the special closeness.

**Your breast milk is all
your newborn needs!**

**Babies have tiny tummies.
Your body will make
just the right amount
of breast milk
for your new baby.**

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WIC Healthy Foods

WIC provides foods to help feed your family in a *healthy* way.

The WIC Foods provide the participant with essential vitamins and minerals, and are designed to increase the consumption of fruits and vegetables, increase dietary fiber and reduce the amount of fat in the diet.

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foods for breastfed babies and their moms

Babies who are fully breastfed get the best food available – their mom’s milk. At 6 months, when they are ready for solid foods, they get:

- Extra amounts of infant fruits and vegetables, plus meats

Moms who are fully breast feeding their babies get:

- Extra amounts of WIC foods
- Canned fish



WIC fresh choices fruits & vegetables

Eating fruits and vegetables is important to a healthy lifestyle. Studies show that most Americans, especially families with young children, do not eat enough fruits and vegetables.

- Fruits and vegetables provide vitamins, minerals and fiber, which are essential to good health.
- WIC recommends you try FRESH fruits and vegetables. Any fresh fruit or vegetable is allowed.

whole grains



Whole grains provide fiber, vitamins and minerals. You can choose whole grain bread, whole grain tortillas, whole wheat pasta, brown rice or oatmeal.

cereals



WIC cereals provide iron for healthy blood, and many WIC cereals are whole grain and high in fiber as well as other vitamins and minerals.

protein

peanut butter
eggs
beans



Eggs, dry or canned beans and peanut butter provide protein to build and repair body cells (beans are also high in fiber and have some iron). You can choose between dry or canned beans or peanut butter.

dairy

milk
cheese
yogurt



Dairy provides protein, calcium and vitamin D which are important for growth, especially bone growth.

juice



WIC also provides vitamin C rich fruit or vegetable juice.

soy
tofu &
beverages



WIC can substitute soy beverages or tofu for some of your milk, depending on the situation.

infant
foods



Baby food fruits, vegetables and meats (for breastfed infants) provide vitamins, minerals, new tastes and textures.

fruit & vegetable WIC Vouchers

00960671	JANE PARTICIPANT	241	11/4/2016	12/3/2016
STATE WIC I.D.	NAME OF PARTICIPANT	AGENCY	FIRST DAY TO USE	LAST DAY TO USE
PAY TO THE ORDER OF	MINNESOTA WIC PROGRAM	CITIZEN'S ALLIANCE BANK OF MINNESOTA 0129406 13-3016 117	092	20059083
FOR THESE ITEMS ONLY (SEE WIC-ALLOWED FOOD LIST):		MDH	CLINIC	
\$11.00	FRESH or Frozen/Canned Fruits and Vegetables			
▲	XXX END OF ORDER XXX			
			NO PAYMENT WITHOUT	VENDOR: FILL IN \$ AMOUNT BELOW
			MINNESOTA WIC VENDOR STAMP	\$
			VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DAY TO USE.	NOT TO EXCEED: \$11.00
			AUTHORIZED SIGNATURE	

Buy fresh, frozen or canned fruits and vegetables up to the amount listed

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With your fruit and vegetable voucher, choose any WIC-allowed fresh fruits and vegetables (or canned or frozen) **up to the specific dollar amount listed** on the voucher. The value of the voucher will be between \$8 and \$11 depending on whether it is for a child or woman. An infant between 9 to 12 months can receive a \$4 or \$8 voucher for fresh fruits and vegetables.

Add the cost of your fresh, frozen and canned fruits and vegetables as you shop at the store.

1

The maximum amount that WIC can pay is listed on the voucher. It is best to try to spend as close to the maximum as possible.

2

If the total is over the amount listed, you can pay the difference with cash, credit card or EBT.

3

The **WIC Shopping Guide** is very important for knowing what fruits and vegetables you may purchase.



Any fresh produce is allowed, but only certain frozen and canned fruits and vegetables can be purchased.

WIC Nutrition Services

WIC can provide information and suggestions on how to keep your **family safe** and **healthy**.

During every visit to WIC, you have the opportunity to talk to an educator about **good nutrition** and **healthy eating** for your family. You will also learn more about how to keep your child **healthy, safe and well-fed**. WIC will share information on well-child check-ups, immunizations, and other health and social services that are key to childhood and family well-being.

Your WIC clinic can help you learn about and prepare for breastfeeding. The WIC staff will answer any questions you might have. WIC wants to help you breastfeed your baby.

WIC wants to help
you breastfeed
your baby.

WIC
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what happens at your WIC appointment

During the appointment:

- You and/or your child will have a nutrition assessment including a measurement of weight, height, and hemoglobin (just a quick finger stick).
- You will talk with a WIC educator about good nutrition and healthy eating, breastfeeding and any special health concerns your family might have.
- If eligible, you will get WIC vouchers for healthy foods for you and/or your child.
- You will make an appointment to come back in 1-3 months to learn more about healthy eating and nutrition, and to pick up more vouchers.

You will need to bring:

- Picture identification (ID).
- Proof of address.
Proof could include a current driver's license, a bill, a rent receipt, or personal mail with your name and address on it.
- The person(s) being certified.
- Proof of income.
Proof could include work pay stubs, a recent tax form, a child support or unemployment check.

OR

- Proof of enrollment in:
- MFIP (Minnesota Family Investment Program)
 - Minnesota Health Care Program such as Medical Assistance
 - SNAP (Food Stamps)
 - SSI, Free/Reduced School Lunch Program, Energy Assistance or Head Start.
- If you are already enrolled in WIC, bring your WIC ID Folder.

WIC Questions

Information on how to **protect** your **WIC** benefits

If you have a question about **WIC** foods

If you have questions about WIC foods or trouble finding WIC-approved foods, talk to your **WIC Clinic** or call the **state WIC office** at 1-800-657-3942.

You can download and use the Minnesota WIC **My Food Finder App**. This is a helpful tool for identifying WIC Allowed Foods.

Also visit the Minnesota WIC **Web site** at: www.health.state.mn.us/wic/



If the grocery store **doesn't** have the foods

If a grocery store doesn't have all the foods listed on your voucher, you can...

- Go to another WIC-approved store.
- Keep your voucher and go back to the store another day.

Grocers are not allowed to give rainchecks in WIC. If a grocery store is often out of the foods listed on your voucher, call the state WIC office at 1-800-657-3942.

If you **don't** understand **English**

WIC staff will try to help you in a language you understand. Some WIC clinics have bilingual staff or interpreters. Others will use a telephone translation service.

What you need to do **to continue** receiving **WIC**

At some appointments, we will check to see if you or your child is still eligible for WIC. This is called a **certification appointment**. For what you need to bring to this appointment, see page 13.

What to do **if you** move

Tell WIC staff if you are planning to move.

- Take your WIC ID Folder with you.
- Call the WIC program in your new area right away.
- To find the nearest WIC program in Minnesota, call 1-800-942-4030 or go to the Web site: www.health.state.mn.us/wic/

What **you can** expect from WIC

You can expect equal treatment from WIC. We treat you the same no matter your race, color, age, national origin, disability, or sex.

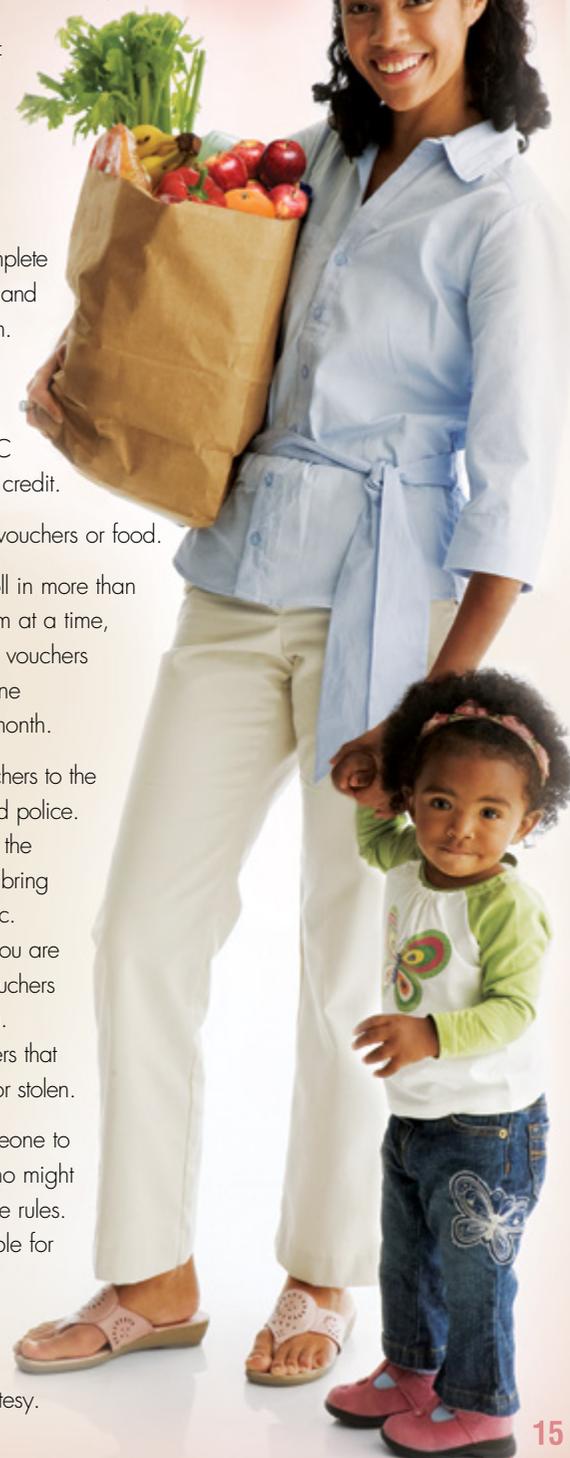
If you do not agree with WIC staff about your eligibility for WIC, you may ask for a hearing.

What WIC **expects** of you

Protect your WIC benefits and your children's health by following WIC rules. Not following these rules can lead to your removal from WIC, your being required to repay the value of vouchers, and even criminal charges.

WIC rules are:

- Always provide accurate and complete identity, residency and income information. Never use a false name or address.
- Do not return WIC foods for cash or credit.
- Do not sell WIC vouchers or food.
- Do not try to enroll in more than one WIC Program at a time, or try to get WIC vouchers from more than one WIC clinic in a month.
- Report stolen vouchers to the WIC Program and police. Obtain a copy of the police report and bring it to the WIC clinic. Tell your clinic if you are not sure which vouchers were lost or stolen. Never use vouchers that are reported lost or stolen.
- Never allow someone to be your proxy who might break any of these rules. You are responsible for your vouchers.
- Treat WIC and store staff with respect and courtesy.



Your WIC clinic

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When to call your WIC clinic

Remember, **it is important** to call your WIC Clinic listed above if:

- You can't keep your next appointment.
- You have questions about nutrition or breastfeeding.
- Your vouchers are lost or stolen.
- Your name, address or phone number changes.
- You have comments or concerns. Your feedback is important to us.

Call WIC as soon as you know you are pregnant. The sooner the better for both you and your baby!



Minnesota
Department of Health

Minnesota WIC Program

www.health.state.mn.us/wic/

Minnesota WIC *My Food Finder* App available for download.



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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- 1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- 2) Fax: (202) 690-7442; or
- 3) Email: program.intake@usda.gov.

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