WHEN TO CALL YOUR WIC CLINIC

- You have questions about your next appointment.
- You have questions about nutrition or breastfeeding.
- Your WIC Card is lost, stolen or damaged.
- 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 baby!
Welcome to WIC

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

THE WIC PROGRAM OFFERS

- Nutrition information
- Healthy foods
- Referrals to other health or community programs
- Breastfeeding support

If you have questions, please ask your WIC staff.

WHO IS WIC FOR?

- Infants
- Children up to age 5
- Women
  - pregnant
  - breastfeeding, or
  - recently had a baby

HOW TO QUALIFY FOR WIC?

- Meet the WIC income guidelines
- OR -
  - Be enrolled in another program such as Medical Assistance or SNAP
- AND -
  - The person enrolling in WIC has a nutrition and/or medical need
WIC Nutrition Information

Specific to your family's needs

WOMEN
- Healthy eating during and after pregnancy.
- How to breastfeed.
- How to meet your nutrition needs.

INFANTS
- How to feed and keep your baby healthy.

CHILDREN TO AGE 5
- How to feed and keep your growing child healthy.

WIC RECOMMENDS BREASTFEEDING
- Breastfeeding is the healthiest way to feed your baby.
- Your breastmilk is all your newborn baby needs! Your body will make just the right amount of breastmilk for your baby’s tiny tummy.
- Your breastmilk gives your baby protection from infections and illnesses.
- Moms and babies love and benefit from the special closeness.
Healthy WIC Foods

WIC offers a variety of healthy foods you can choose from…

FRUITS and VEGETABLES
Fresh or plain frozen fruits and vegetables (provided in a cash value dollar amount).

WHOLE GRAIN
Whole grain bread, tortillas, pasta, brown rice or oatmeal.

CEREAL
A wide variety of iron-fortified cereals.

PROTEIN
Eggs, dry or canned beans and peanut butter. Breastfeeding women also get canned fish.

DAIRY
Milk, cheese and yogurt.

JUICE
Ready to drink 100% juice or frozen concentrate.

SOY
Soy beverages and tofu.

INFANT FOODS
Infant fruits, vegetables, and cereal. Breastfed babies also get infant meats.

WIC provides foods high in calcium, iron, Vitamin C, fiber and protein.
MINNESOTA WIC PROGRAM

Shopping with WIC

MN WIC CARD

HOW IT WORKS

- A 4-digit PIN allows you to use your WIC Card.
  - Your WIC Clinic can help you set up your PIN, or call 1-833-566-5248.
- Keep your WIC Card safe. Future benefits are added to the same card.
- Benefits last for 30 days, then expire; unused items do not rollover.

TOOLS TO HELP

SHOP WITH WIC

- The My Minnesota WIC App will check if a food item is WIC allowed, locate WIC stores, and show your balance.
- Your WIC Shopping Guide identifies all the WIC allowed foods.

BEFORE YOU SHOP

- Check your food benefit balance and expiration dates.
- Choose a MN WIC-authorized store.
  - Ask your WIC clinic for a store near you.
  - Use the My Minnesota WIC App store locator.

AS YOU SHOP

- Choose WIC-allowed foods.
  - Use the Shopping Guide, OR
  - Use the Food Finder function on the My Minnesota WIC App.
- Buy what you need. You do not have to buy all of your WIC foods at one time.

AT THE CHECKOUT

- Group WIC foods together.
- Use your WIC Card FIRST before other forms of payment.
- Review your receipt before approving your WIC purchase.
- Your WIC receipt shows remaining balance and expiration dates.
- Coupons, store loyalty cards, and other special offers are allowed.
- Rain checks and substitutions are not allowed.

STORE NAME
ADDRESS

PURCHASES

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CON</th>
</tr>
</thead>
<tbody>
<tr>
<td>KELL MINI WHEATS</td>
<td>3.79 F</td>
</tr>
<tr>
<td>MM ORANGE JUICE</td>
<td>2.49 T</td>
</tr>
<tr>
<td>DISH SOAP</td>
<td>5.99 T</td>
</tr>
<tr>
<td>TAX</td>
<td>0.00</td>
</tr>
<tr>
<td>********</td>
<td></td>
</tr>
</tbody>
</table>

BALANCE: 10.50

WIC BENEFITS

Date: 10/18/19  Time: 10:06am

- CARDHOLDER COPY -

PLEASE SAVE THIS RECEIPT
Your WIC Appointment

The WIC staff will **answer any questions** you have

During every visit to WIC, you have the opportunity to talk to an educator about good nutrition and healthy eating for your family.

During the Appointment
- WIC staff will measure height, weight and hemoglobin (just a quick finger stick).
- Talk with a WIC educator about nutrition and healthy eating, breastfeeding and any health concerns.
- Get a WIC Card to buy healthy foods.

**YOU WILL NEED TO BRING**
- The person(s) with an appointment.
- 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.
- 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 Card.
WIC Questions

QUESTIONS ABOUT WIC FOODS?

- Talk to your WIC Clinic or call the state WIC Office at 1-800-657-3942.
- The Shopping Guide and the My Minnesota WIC App can help you identify WIC-allowed foods.

HOW DO I CONTINUE RECEIVING WIC BENEFITS?

- Keep your WIC appointments. WIC staff will tell you what to bring.

WHAT IF I MOVE?

Tell WIC staff if you are planning to move.

- Your WIC benefits will continue there!
- Your WIC Clinic will give you a transfer notice to take with you if you move out of state.
- Call the WIC program in your new area right away. Check www.fns.usda.gov/wic for contact information.

WHAT CAN I EXPECT FROM WIC?

- WIC staff will treat you the same no matter your race, color, age, national origin, disability, or sex.
- If you feel you have been discriminated against, and would like to file a complaint, call 1-866-632-9992 or email: program.intake@usda.gov to request a form.
- Tell us if you need an interpreter – free interpreter services are available. If you have a disability, accommodations will be made.
- You may ask for a hearing if you do not agree with WIC staff about your eligibility for WIC.
WIC Rules

- Do not hide facts or provide false information to WIC.
- Do not exchange or return WIC foods for cash or credit.
- Do not sell, or offer to sell, trade, or give away your WIC Card, foods, breastpump or formula.
- Report a lost or stolen WIC Card immediately.
- Get a WIC Card from only one WIC Clinic at a time.
- Buy only foods listed on your Shopping List.
- Treat WIC and store staff with respect and courtesy.

Breaking WIC rules can result in you and/or your family being taken off the WIC program, having to pay back money and possibly face legal charges.
Your WIC Clinic

When to Call Your WIC Clinic

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

- You have questions about your next appointment.
- You have questions about nutrition or breastfeeding.
- Your WIC Card is lost, stolen or damaged.
- Your name, address or phone number changes.
- You have comments or concerns. Your feedback is important to us.

P.O. Box 64882 • St. Paul, MN 55164-0882
1-800-657-3942
www.health.state.mn.us/wic

This institution is an equal opportunity provider.
ID #53174 08/18