

# WELCOME TO WIC



# Welcome to **MINNESOTA 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 pregnancy

## 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.



# WIC offers a variety of healthy foods you can choose from...



## FRUITS and VEGETABLES

Fresh, frozen, or canned fruits and vegetables *(provided in a cash value dollar amount)*.



## SOY

Soy beverages and tofu.



## WHOLE GRAIN

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



## INFANT FOODS

Infant fruits, vegetables, cereal, and meats.



## CEREAL

A wide variety of iron-fortified cereals.



## PROTEIN

Eggs, dry or canned beans, canned fish, tofu, and peanut butter.



## DAIRY

Milk, cheese, and yogurt.



## JUICE

Ready to drink 100% juice or frozen concentrate.



**WIC**  
provides  
foods high in  
calcium, iron,  
vitamin C,  
fiber, and  
protein.

# 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

- Use the **Minnesota WIC App** to scan a food to see if it is WIC allowed, locate WIC stores, and to find your benefit balance.
- The **WIC Shopping Guide** identifies 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 **Minnesota WIC App** store locator.

## AS YOU SHOP

- Choose WIC-allowed foods.
  - Use the Shopping Guide OR
  - Use the *Food Finder* function on the **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.

| PURCHASES |                  | STORE NAME<br>ADDRESS |
|-----------|------------------|-----------------------|
|           |                  |                       |
|           | KELL MINI WHEATS | 3.79 F                |
|           | MN ORANGE JUICE  | 2.49 T                |
|           | DISH SOAP        | 5.99 T                |
|           | TAX              | 0.00                  |
| *****     | BALANCE          | 10.50                 |
|           | MN EWIC          | 4.51                  |

| WIC BENEFITS    |                              |
|-----------------|------------------------------|
| Terminal: 2     | Store: 15                    |
| Trans: 10/18/24 | Operator: 9283               |
| 54.00 OZ        | Cereal - hot / cold          |
| 18 OZ           | KELL MINI WHEATS             |
| 1.00 ITEM       | CON Juice (froz. 11.5-12 oz) |
| 1               | MN ORANGE JUICE              |
|                 | 2.49                         |

| WIC BENEFITS BALANCE                    |                          |
|---|--------------------------|
| Date: 10/18/24                          | Time: 10:06am            |
| PAN:*****5717                           |                          |
| 1.00 DOZ                                | Eggs (doz)               |
| 18.00 OZ                                | Breakfast Cereal (oz)    |
| 1.00 QT                                 | Yogurt-Low/NonFat (32oz) |
| 0.00 CON                                | Juice (froz. 11.5-12 oz) |
| Benefits expire at MIDNIGHT on 10/22/24 |                          |

- 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 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](http://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](mailto: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 facing legal charges.**





# Your WIC Clinic

## WHEN TO CALL YOUR WIC CLINIC

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**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 64975 • St. Paul, MN 55164-0975  
1-800-657-3942  
[www.health.state.mn.us/wic](http://www.health.state.mn.us/wic)

**This institution is an equal opportunity provider.**  
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