

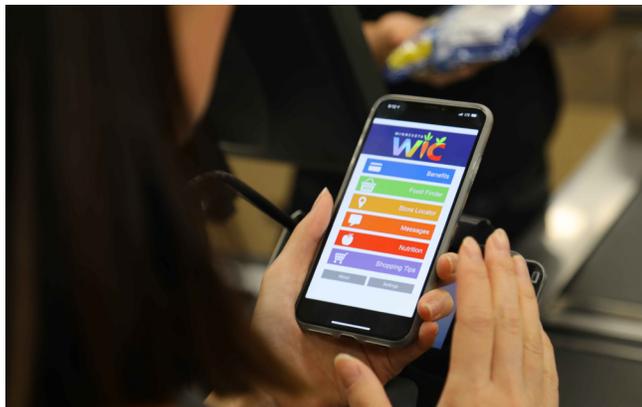
MINNESOTA The WIC Program is Refreshed!

Over the last year, the [Minnesota WIC Program](#) has been modernized and refreshed. The program made a major transition from paper vouchers to electronic benefit transfer (EBT) for issuing supplemental WIC foods in the first half of 2019. This means that shopping for and redeeming WIC foods is easier, more convenient, and more discreet for participating families.



WIC families around the state now have an option to do phone-based WIC appointments, complete online nutrition education, and even use video technology for a telehealth appointment in some parts of the state. WIC accommodates busy Minnesota families so they can keep receiving benefits.

If you haven't taken a look at [WIC foods](#) lately, you should check them out. WIC provides fresh and frozen fruits and vegetables, whole grains, low-fat dairy, and healthy protein sources like beans, peanut butter and fish. And while WIC can provide infant formula for babies not breastfed, the program strongly encourages and promotes breastfeeding exclusively for the first 6 months. [Breastfeeding initiation](#) rates for WIC moms has increased significantly over the last 5 years especially in women receiving support from the [Peer Breastfeeding Program](#).



WIC even has a [mobile app](#) that participating families can use to find WIC stores, identify WIC-allowed foods, check their benefit balance, and find recipes and nutrition tips. Referring families to WIC can really extend your efforts at promoting a healthy lifestyle for pregnant women and young families. Families already receiving SNAP benefits or enrolled in Medical Assistance are automatically eligible for WIC. Check out the new WIC Program in Minnesota today!

Easy ways to refer to MN WIC: 1-800-942-4030 or www.signupwic.com

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