Brush Art WIC Materials Online Ordering Site

Website Navigation & Instruction
Website URL

- Website access will be under the URL
  www.brushartwicmaterials.com
Login

For username and password information, see the email sent from MN WIC State Agency.
Home Page

This is the home page of the site after login. The site was designed with straightforward navigation and functionality.
Request Materials & Contact Us

The two main buttons on the website are Request Materials & Contact Us. They can also be accessed using the top row navigation.
Request Materials

Click on Request Materials to access the list of Minnesota WIC approved materials available for ordering.
Request Materials Cont.
The title of the list of approved materials can be viewed on the bottom.
Request Materials Cont.

For easy navigation use the optional filters to find the materials you are looking for faster. Quick links will sort by broad material categories (Pregnancy, Breastfeeding, Infant, etc). Alternatively, choosing a language will only display materials created in the chosen language. Click the “ALL” button to return to the entire selection of materials.
Time To Order

Say you would like to order more of the Minnesota WIC Eating During Pregnancy Cards. Select the option in the bottom list.
Ordering Cont.

Clicking the desired material will take you to the next step in the ordering process. On this screen you will see a cover image of the item being ordered and a “Quantity” box below.

<table>
<thead>
<tr>
<th>MINNESOTA WIC - NUTRITION DURING PREGNANCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REMAINING ALLOTMENT: 500 of 500</td>
</tr>
<tr>
<td>Enter the number of pieces you need and add to cart.</td>
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</tbody>
</table>

**EATING WELL DURING PREGNANCY**

Why is eating right during pregnancy so crucial? Your baby depends on you to give them everything they need to grow. Eating plenty of healthy foods during pregnancy and while breastfeeding will help shape your baby’s preferences for healthy and nutritious food.

**FILLING YOUR PLATE**

- Instead of eating 3 big meals, try to eat five to six small meals a day.
- Fill your plate with different colored fruits and veggies to make your plate more inviting and your meals more healthy.
- Make half of your grains whole grains (bread, pasta, cereal, and crackers).
- Eat a small amount of lean protein like chicken, fish, eggs, peanut butter, beans or low-fat cheese with each meal and snack.
- Eat foods that are high in healthy fats. Avocados, nuts and olive oil are all good sources of healthy fats. Eat more fatty fish. Fatty fish contains important omega-3 fatty acids for your baby’s brain.
  - Guidelines for safely eating fish during pregnancy and while breastfeeding can be found at: [https://www.healthstats.mn.us/dhis/ah/threats/alternativefeeding.html](https://www.healthstats.mn.us/dhis/ah/threats/alternativefeeding.html)
- Drink plenty of water.
- Limit caffeine (less than 200mg/day).

**SNACKS: TASTY, HEALTHY AND EASY**

- Peanut butter with celery
- Whole grain crackers or fruit with peanut butter
- Cucumber and carrots with hummus dip
- Yogurt with dry cereal, nuts or dried fruit
- Fruit smoothie
Ordering Cont.

Enter the desired quantity that is needed for this order and select “Add to Cart”. Notice “Please order in multiples of 25”. This is referencing the cards are shrink wrapped in packs of 25. It’s not mandatory, but if possible please order a quantity divisible by 25 (25, 50, 75, 100, etc.).
Shopping Cart

After Adding an Item to the cart you will be sent to your Shopping cart. Below you will see the item(s) you have ordered as well as the Quantity.
Shopping Cart

Did you accidently add the wrong item? No problem, just hit the “X” on the right of the item to remove.
Shopping Cart

The Quantity can also be changed in the shopping cart. IMPORTANT If you change the quantity just make sure and hit “Update Cart” or it will not save the change when you go to check out.
**Update Cart**

You will receive this notification on the screen if you updated your cart properly after changing quantities.
Shopping Cart

Select “Continue Shopping” or “Checkout” when you are ready to move on.
Shopping Cart Access

Your Shopping Cart can also be accessed at any time using the Shopping Cart Icon in the top right navigation.
Delivery Information

After Checking out please fill out all relevant Delivery information. It is important you fill out the “Email” field with your email address accurately so you receive the “Confirmation Email” for the order. **DO NOT** use the minnesota@brushart.com email here.
Order Confirmation

You will receive this notification on screen as well as an email confirming your order. If you did not receive an email, and have checked any junk or other email filters, please contact us to confirm the order went through.

Thank you for your order

Your order confirmation will be emailed shortly.
Contact Us

If you have any questions or run into any issues during or after the ordering process please hit the “Contact Us” button and email Julie Brush or Jake Brush.