**WIC works**

- Healthier pregnancies
- Healthier births
- Healthier children

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**YOU may qualify**

-WIC Program
-WIC: Food & Health Care
-Healthier pregnancies
-Healthier births
-Healthier children

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**Income Eligibility Guidelines**

for Minnesota Health Care/Insurance Affordability Programs*

<table>
<thead>
<tr>
<th>FAMILY SIZE</th>
<th>ANNUAL INCOME</th>
<th>STANDARD INCOME GUIDELINES</th>
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</table>

*Pregnant women count as 2 persons.

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Do you know...

WIC PROVIDES...

• Nutrition advice and tips
• Healthy foods like fresh fruits and vegetables, whole grain cereals, bread and tortillas, low fat milk and baby foods
• Breastfeeding support
• Caring and supportive staff

TO LEARN MORE...

Just call 1-800-WIC-4030 for a WIC clinic near you. It won’t cost you a thing. What you have to gain is a healthier baby, healthier family, and healthier you.

YOU WORK HARD TO BE A GOOD PARENT
Let WIC Help

You know that good nutrition is important while you’re pregnant and during a baby’s early years. It’s just not always easy. That’s where WIC can help. And WIC can help save you some money, too.

YOU MAY QUALIFY...
If you are pregnant, nursing, or have a child under age 5, we encourage you to apply. In WIC, your family will receive the food and help you need for good health.

WIC PROVIDES...

• Nutrition advice and tips
• Healthy foods like fresh fruits and vegetables, whole grain cereals, bread and tortillas, low fat milk and baby foods
• Breastfeeding support
• Caring and supportive staff

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CALL TODAY FOR A WIC CLINIC NEAR YOU
1-800-WIC-4030
OR CALL 1-800-942-4030

You can also visit the Minnesota Department of Health Website:
www.health.state.mn.us/wic

To request this material in another format contact:

To request this material in another format contact:

Minnesota WIC Program
P.O. Box 64882
St. Paul, MN 55164-0882
1-800-657-3942

This institution is an equal opportunity provider.