

WIC  
works

- Healthier pregnancies
- Healthier births
- Healthier children



YOU  
may qualify

WIC INCOME GUIDELINES  
EFFECTIVE JULY 2020 - JUNE 2021

Income Eligibility Guidelines  
for Minnesota Health Care/  
Insurance Affordability Programs<sup>+</sup>

FAMILY SIZE*	ANNUAL INCOME
1	\$35,090
2	47,410
3	59,730
4	72,050
5	84,370
6	96,690
7	109,010
8	121,330
9	133,650

<sup>+</sup> Medicaid (MA)

\* Pregnant women count as 2 persons

Standard Income Guidelines

FAMILY SIZE*	ANNUAL INCOME
1	\$23,606
2	31,894
3	40,182
4	48,470
5	56,758
6	65,046
7	73,334
8	81,622
9	89,910

\* Pregnant women count as 2 persons

PRSR STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO 171  
TWIN CITIES MN

YOU (OR SOMEONE YOU KNOW) IS ELIGIBLE FOR WIC:

Share this brochure with a friend.



WIC PROGRAM

P.O. Box 64882  
St. Paul, MN 55164-0882  
[www.health.state.mn.us/wic](http://www.health.state.mn.us/wic)

JULY 2020 TO JUNE 2021



EVERY CHILD IN MINNESOTA CAN BE

healthy &  
well fed  
WIC CAN HELP

# Do you know...



Someone who is pregnant?

A family with young children who would enjoy some nutrition tips and healthy food?

A working family with young children having trouble making ends meet?

If you answered “Yes” to any of these questions, we have a wonderful nutrition program to share with 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

### 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.

**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](http://www.health.state.mn.us/wic)

To request this material in another format contact:

**mn** DEPARTMENT OF HEALTH  
WIC PROGRAM

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



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