



Koj & koj tus menyuam

NOJ QAB NYOB ZOO THIAB PUB ZOO.

**WIC PAB TAU.**

# WIC Kev ua hauj lwmm...



- Cev xeeb tub kom txhob muaj mob
- Kom yug tau tus menyuam txhob muaj mob
- Kom tus menyuam txhob muaj mob

## Kev tau nyiaj los

Pib lub 7 hli xyoo 2020 txog lub 6 hli xyoo 2021.

Thau nyiaj siab npaum li cas thiaj tseem txias tau kev pab los ntawn Minnesota Health Care/ Insurance Affordability Programs+

TSEV NEEG*	IB XYOO TAU NYIAJ
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

Thau nyiaj saib npaum li cas thiaj tseem txias tau kev pab

TSEV NEEG*	IB XYOO TAU NYIAJ
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

+ Medicaid (MA)

\* Cov pojniam cev xeeb tub xam ua 2 tug neeg.

# Koj puas paub...

Tej tus neeg cev xeeb tub?

Tsev neeg uas muaj menyuam me es xav tau kev cob qhia tu menyuam thiab kev noj zaub mov kom txhob muaj mob?

Tsev neeg ua hauj lwmm tabsis txom nyem xav tau kev pab?



Yog koj teb tias “Xav tau” rau ib nqe twg ntawm cov lus nug hauv no, peb muaj kev pab zoo heev txog kev qhia noj zaub mov nrog koj.



MUAB KEV NOJ ZAUB MOV  
ZOO RAU KOJ TUS MENYUAM

# WIC pab tau

## WIC MUAJ KEV PAB...

- Qhia kev noj zaub mov thiab tswv yim pab
- Txhawb zog rau cov pub niam mis
- Zaub mov zoo xws li mis, cheese, kua txiv, cereal, thiab cov mis mos
- Tej zaub mov zoo li txiv mab txiv ntoo thiab zaub, whole grain cereal, tortillas, qhob cij thiab, mis nyuj uas tsis muaj cov roj ntau thiab cov zaub mov rau me nyuam mos

## KOJ TSIM NYOG TAU TXAIS...

- Muaj ntau tsev neeg ua hauj lwmm kuj tau txais kev pab WIC
- Cov tsev neeg uas koom rau hauv Minnesota Health Care Program muaj feem tsim nyog tau WIC
- Koj tsis tas yog pejxeem Asmesliskas (U.S. citizen)

HU HNUB NO RAU QHOV CHAW LIS DEJNUM  
WIC UAS NYOB ZE KOJ

**1-800-WIC-4030**

HU TUS XOY TOOJ 1-800-942-4030

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

TSIS TXHOB LIG...PEB NYOB NTAWM NO PAB





KEV PAB RAU COV POJNIAM MUAJ  
MENYUAM THIAB RAU COV MENYUAM

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Yog xav tau daim ntawv ua lwm hom hu rau:



**WIC PROGRAM**



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

KOJ LOSSIS LWM TUS NEEG UAS KOJ PAUB TIAS TSIM NYOG TAU TXAIS KEV PAB WIC

*Muab daim ntawv qhia no faib pub koj cov phooj ywg.*

Qhov chaw no yog ib qho vaj huam sib

luag kws kho mob. Hmong 06/20 ID#52744