

# WELCOME TO WIC



# Welcome to **MINNESOTA WIC**

WIC is a nutrition program that helps families **eat well...and stay healthy**

## THE WIC PROGRAM OFFERS

- Nutrition information
- Healthy foods
- Referrals to other health or community programs
- Breastfeeding support

If you have questions, please ask your WIC staff.

## WHO IS WIC FOR?

- Infants
- Children up to age 5
- Women
  - pregnant
  - breastfeeding, or
  - recently had a baby

## HOW TO QUALIFY FOR WIC?

- Meet the WIC income guidelines
- OR -
- Be enrolled in another program such as Medical Assistance or SNAP
- AND -
- The person enrolling in WIC has a nutrition and/or medical need



# WIC Nutrition Information

*Specific to your family's needs*

## WOMEN

---

- Healthy eating during and after pregnancy.
- How to breastfeed.
- How to meet your nutrition needs.

## INFANTS

---

- How to feed and keep your baby healthy.

## CHILDREN TO AGE 5

---

- How to feed and keep your growing child healthy.

## WIC RECOMMENDS BREASTFEEDING

---

- Breastfeeding is the healthiest way to feed your baby.
- Your breastmilk is all your newborn baby needs! Your body will make just the right amount of breastmilk for your baby's tiny tummy.
- Your breastmilk gives your baby protection from infections and illnesses.
- Moms and babies love and benefit from the special closeness.



# Healthy WIC Foods

WIC offers a *variety of healthy foods* you can choose from...



## FRUITS and VEGETABLES

Fresh or plain frozen fruits and vegetables  
(provided in a cash value dollar amount).



## SOY

Soy beverages and tofu.



## WHOLE GRAIN

Whole grain bread, tortillas, pasta,  
brown rice or oatmeal.



## INFANT FOODS

Infant fruits, vegetables, and cereal.  
Breastfed babies also get infant meats.



## CEREAL

A wide variety of iron-fortified cereals.



## PROTEIN

Eggs, dry or canned beans and  
peanut butter. Breastfeeding women  
also get canned fish.



## DAIRY

Milk, cheese and yogurt.



## JUICE

Ready to drink 100% juice  
or frozen concentrate.



WIC  
provides  
foods high in  
calcium, iron,  
Vitamin C,  
fiber and  
protein

# Shopping with WIC



## MN WIC CARD HOW IT WORKS

- A **4-digit PIN** allows you to use your WIC Card
  - Your WIC Clinic can help you set up your PIN, or call 1-833-566-5248.
- **Keep your WIC Card safe.** Future benefits are added to the same card.
- **Benefits last for 30 days, then expire;** unused items do not rollover.



## TOOLS TO HELP SHOP WITH WIC

- The **My Minnesota WIC App** will check if a food item is WIC allowed, locate WIC stores, and show your balance.
- Your **WIC Shopping Guide** identifies all the WIC allowed foods.

## BEFORE YOU SHOP

- Check your food benefit balance and expiration dates.
- Choose a MN WIC-authorized store.
  - Ask your WIC clinic for a store near you.
  - Use the **My Minnesota WIC App** store locator.

## AS YOU SHOP

- Choose WIC-allowed foods.
  - Use the Shopping Guide, OR
  - Use the *Food Finder* function on the **My Minnesota WIC App**.
- Buy what you need. You do not have to buy all of your WIC foods at one time.

## AT THE CHECKOUT

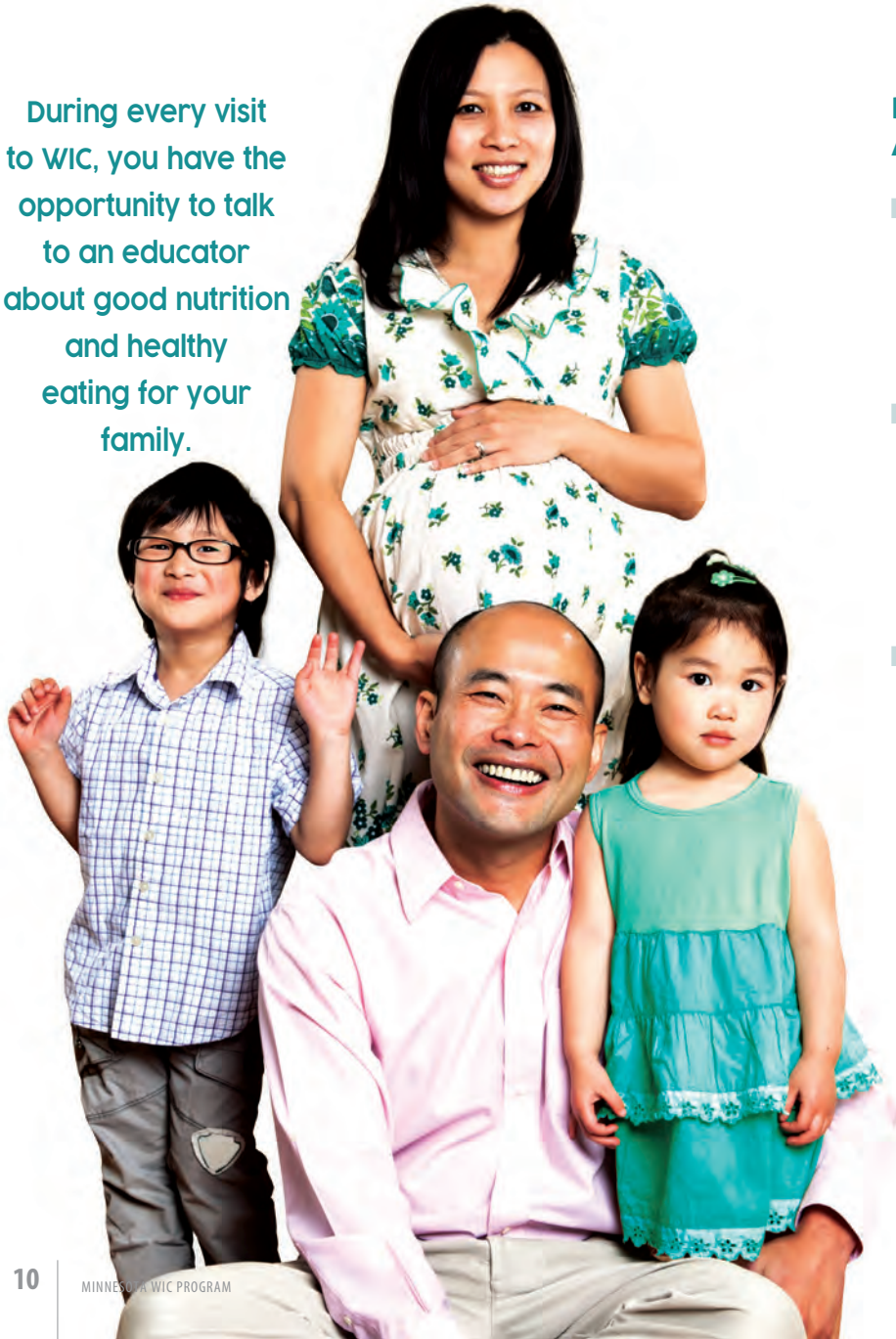
- Group WIC foods together.
- Use your WIC Card **FIRST** before other forms of payment.
- Review your receipt before approving your WIC purchase.
- Your WIC receipt shows remaining balance and expiration dates.
- Coupons, store loyalty cards, and other special offers are allowed.
- Rain checks and substitutions are *not* allowed.

STORE NAME		ADDRESS	
PURCHASES			
	KELL MINI WHEATS	3.79	F
	MN ORANGE JUICE	2.49	T
	DISH SOAP	5.99	T
	TAX	0.00	
*****	BALANCE	10.50	
	MN EWIC	4.51	
-----			
WIC BENEFITS			
Terminal:	2	Store:	15
Trans:	10/18/19	Operator:	9283
54.00	OZ Cereal - hot / cold		
18.00	OZ KELL MINI WHEATS	3.79	F
1.00	ITEM CON Juice (froz. 11.5-12 oz)		
1	MN ORANGE JUICE	2.49	
-----			
WIC BENEFITS BALANCE			
Date:	10/18/19	Time:	10:06am
PAN:	*****5717		
1.00	DOZ Eggs (doz)		
18.00	OZ Breakfast Cereal (oz)		
1.00	QT Yogurt-Low/NonFat (32oz)		
0.00	CON Juice (froz. 11.5-12 oz)		
Benefits expire at MIDNIGHT on 10/22/19			
-----			
- CARDHOLDER COPY -			
PLEASE SAVE THIS RECEIPT			

# Your WIC Appointment

The WIC staff will **answer any questions** you have

During every visit to WIC, you have the opportunity to talk to an educator about good nutrition and healthy eating for your family.



## DURING THE APPOINTMENT

- WIC staff will measure height, weight and hemoglobin (just a quick finger stick).
- Talk with a WIC educator about nutrition and healthy eating, breastfeeding and any health concerns.
- Get a WIC Card to buy healthy foods.

## YOU WILL NEED TO BRING

- The person(s) with an appointment.
- Picture identification (ID).
- Proof of address.  
*Proof could include a current driver's license, a bill, a rent receipt, or personal mail with your name and address on it.*
- Proof of income.  
*Proof could include work pay stubs, a recent tax form, a child support or unemployment check.*

## OR

Proof of enrollment in:

- MFIP (Minnesota Family Investment Program)
  - Minnesota Health Care Program such as Medical Assistance
  - SNAP (Food Stamps)
  - SSI, Free/Reduced School Lunch Program, Energy Assistance or Head Start.
- If you are already enrolled in WIC, bring your WIC Card.

# WIC Questions

## QUESTIONS ABOUT WIC FOODS?

- Talk to your WIC Clinic or call the state WIC Office at 1-800-657-3942.
- The Shopping Guide and the My Minnesota WIC App can help you identify WIC-allowed foods.

## HOW DO I CONTINUE RECEIVING WIC BENEFITS?

- Keep your WIC appointments. WIC staff will tell you what to bring.

## WHAT IF I MOVE?

Tell WIC staff if you are planning to move.

- Your WIC benefits will continue there!
- Your WIC Clinic will give you a transfer notice to take with you if you move out of state.
- Call the WIC program in your new area right away. Check [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) for contact information.

## WHAT CAN I EXPECT FROM WIC?

- WIC staff will treat you the same no matter your race, color, age, national origin, disability, or sex.
- If you feel you have been discriminated against, and would like to file a complaint, call 1-866-632-9992 or email: [program.intake@usda.gov](mailto:program.intake@usda.gov) to request a form.
- Tell us if you need an interpreter – free interpreter services are available. If you have a disability, accommodations will be made.
- You may ask for a hearing if you do not agree with WIC staff about your eligibility for WIC.



# WIC Rules

- Do not hide facts or provide false information to WIC.
- Do not exchange or return WIC foods for cash or credit.
- Do not sell, or offer to sell, trade, or give away your WIC Card, foods, breastpump or formula.
- Report a lost or stolen WIC Card immediately.
- Get a WIC Card from only one WIC Clinic at a time.
- Buy only foods listed on your Shopping List.
- Treat WIC and store staff with respect and courtesy.

**Breaking WIC rules can result in you and/or your family being taken off the WIC program, having to pay back money and possibly face legal charges.**





# Your WIC Clinic

## WHEN TO CALL YOUR WIC CLINIC

---

**Call WIC as soon as you know you are pregnant. The sooner the better for both you and baby!**

- You have questions about your next appointment.
- You have questions about nutrition or breastfeeding.
- Your WIC Card is lost, stolen or damaged.
- Your name, address or phone number changes.
- You have comments or concerns. Your feedback is important to us.



P.O. Box 64882 • St. Paul, MN 55164-0882  
1-800-657-3942  
[www.health.state.mn.us/wic](http://www.health.state.mn.us/wic)

**This institution is an equal opportunity provider.**

ID #53174 08/18