

WIC

WELCOME TO

What you
need to know
about WIC



MINNESOTA
WOMEN, INFANTS
& CHILDREN
NUTRITION PROGRAM

Welcome to WIC

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

the
WIC program
provides

Nutrition Education

WIC does nutrition assessments, and provides one-on-one counseling about food, nutrition and breastfeeding to help you feed your family in a healthy way.

Healthy Foods

WIC gives you vouchers to buy healthy foods.

Health Services

WIC helps you with referrals to other health and social services.

We're happy to have you
with us! Let's work together
so you can receive the
greatest benefit from WIC.

If you have any questions,
please ask your WIC staff.

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Who is WIC for?

Women who are...

- pregnant
- breastfeeding, or
- recently had a baby

You can stay on WIC for one year after your baby is born if you are breastfeeding, or for six months if not breastfeeding.

Infants from...

- birth to 1 year of age

Children from...

- 1 year of age to their 5th birthday

How you qualify for WIC

To **qualify for WIC** you need to...

- Have a nutritional and/or medical need
- Meet the WIC income guidelines or be enrolled in another program such as MinnesotaCare



WIC Nutrition Education

WIC provides information and suggestions specific to your family's needs

What you will **learn about** **nutrition** from WIC

Women

- Healthy eating during pregnancy
- Healthy eating after you have your baby
- How to breastfeed
- How to meet your individual nutrition needs

Infant

- How to feed your baby
- How to keep your baby healthy

Children

- How to feed your growing child
- How to keep your child healthy

why WIC recommends breastfeeding

Breastfeeding is *the healthiest way* to feed your baby.

- Your milk is custom-made for your baby.
- Your milk changes as your baby grows.
- Your milk gives your baby protection from infections and illnesses.
- Breastfeeding is good for moms, too. Women who breastfeed have lower rates of breast cancer, stronger bones and faster weight loss.
- Moms and babies love (and benefit from) the special closeness.

**Your breast milk is all
your newborn needs!**

**Babies have tiny tummies.
Your body will make
just the right amount
of breast milk
for your new baby.**

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WIC Healthy Foods

WIC provides foods to help feed your family in a *healthy* way.

The WIC Foods provide the participant with essential vitamins and minerals, and are designed to increase the consumption of fruits and vegetables, increase dietary fiber and reduce the amount of fat in the diet.

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foods for breastfed babies and their moms

Babies who are fully breastfed get the best food available – their mom's milk. At 6 months, when they are ready for solid foods, they get:

- Extra amounts of infant fruits and vegetables, plus meats

Moms who are fully breast feeding their babies get:

- Extra amounts of WIC foods
- Canned fish

WIC fresh choices fruits & vegetables



Eating fruits and vegetables is important to a healthy lifestyle. Studies show that most Americans, especially families with young children, do not eat enough fruits and vegetables.

- Fruits and vegetables provide vitamins, minerals and fiber, which are essential to good health.
- WIC recommends you try FRESH fruits and vegetables. Any fresh fruit or vegetable (except white potatoes) is allowed.
- You can also use your voucher to get canned or frozen fruits and vegetables.



whole grains



Whole grains provide fiber, vitamins and minerals. You can choose whole grain bread, whole grain tortillas, brown rice or oatmeal.

cereals



WIC cereals provide iron for healthy blood, and many WIC cereals are whole grain and high in fiber as well as other vitamins and minerals.

protein

peanut butter
eggs
beans



Eggs, dry or canned beans and peanut butter provide protein to build and repair body cells (beans are also high in fiber and have some iron). You can choose between dry or canned beans or peanut butter.

milk



Milk provides protein, calcium and vitamin D which are important for growth, especially bone growth.

juice



WIC also provides vitamin C rich fruit or vegetable juice.

soy tofu & beverages



WIC can substitute soy beverage or tofu for some of your milk depending on the situation.

infant foods



Baby food fruits, vegetables and meats (for breastfed infants) provide vitamins, minerals, new tastes and textures.

shopping with WIC Vouchers

10519353 01 Doe Jane 65 **6/8/2009 7/9/2009**

HOUSEHOLD I.D. NO. MBR ID. NAME OF PARTICIPANT AGENCY

PAY TO THE ORDER OF MINNESOTA WIC PROGRAM VENDORS **MDH** **01 CLINIC**

FOR THESE ITEMS ONLY (SEE WIC-ALLOWED FOOD LIST):

2 gallon(s) milk (Fat Free/Skim or 1%)
1 16 oz. Whole Wheat/Whole Grain Bread OR
16 oz. (or less) Corn/Whole Grain Tortillas
1 15 - 18 oz. jar peanut butter
2 16 oz. (or less) WIC-allowed canned beans
36 oz. (or less) WIC-allowed cereal

MINNESOTA WIC VENDOR STAMP

VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DAY TO USE.

NOT TO EXCEED: \$ *****

132078048

1320780483 06119684 2508018

Buy only the foods listed here

First date to use

Last date to use

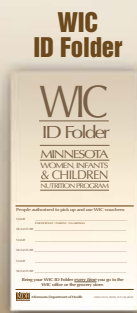
Store clerk fills in the amount

Make sure the price is correct

Sign after the price is entered

before you shop

- Find a WIC-approved store.
- Take out the voucher(s) you want to use today. Use each voucher on or between the first and last day listed on the voucher.
- Bring to the store your:



while you shop

- Remember to buy only the foods listed on your voucher.
- Be sure the foods you select match what's described on each voucher such as skim or 1% milk, large eggs or whole grain bread.

checking out at the register

- Separate the WIC foods from other foods on the store counter.
- If you are using more than one WIC voucher, also separate these foods from each other.
- Tell the cashier you will be using WIC vouchers.
- Show the cashier your WIC ID Folder.
- Make sure the cashier fills in the correct price on each voucher.
- Sign each voucher in front of the cashier.
- Be sure to obtain a receipt from the cashier.

fruit & vegetable WIC Vouchers

10519353	01	Doe	Jane	65	6/8/2009	7/9/2009
HOUSEHOLD I.D. NO. MBR ID		NAME OF PARTICIPANT		AGENCY	FIRST DAY TO USE	LAST DAY TO USE
PAY TO THE ORDER OF		MINNESOTA WIC PROGRAM VENDORS		01 CLINIC	132078051	
FOR THESE ITEMS ONLY (SEE WIC-ALLOWED FOOD LIST):		MDH 64-1908 Account 2508019				
8 dollars FRESH Fruits and Vegetables and/or WIC-allowed frozen and canned fruits/vegetables				NO PAYMENT WITHOUT		
CANNOT EXCEED ABOVE DOLLAR AMOUNT				VENDOR: FILL IN \$ AMOUNT BELOW		
				\$		
				MINNESOTA WIC VENDOR STAMP		
				VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DAY TO USE.		
				NOT TO EXCEED: \$ *****		
				AUTHORIZED SIGNATURE		

Buy fresh, frozen or canned fruits and vegetables up to the amount listed

11 1320780519 1061119684 2508018



With your fruit and vegetable voucher, choose any WIC-allowed fresh fruits and vegetables (or canned or frozen) **up to the specific dollar amount listed** on the voucher. The value of the voucher will be between \$5 and \$10 depending whether it is for a child or woman.

Add the cost of your fresh, frozen and canned fruits and vegetables as you shop at the store.

1

The maximum amount that WIC can pay is listed on the voucher. It is best to try to spend as close to the maximum as possible.

2

If the total is over the amount listed, you can pay the difference with cash, credit card or EBT.

3

Any fresh produce (except white potatoes) is allowed, but only certain frozen and canned fruits and vegetables can be purchased.

The WIC Shopping Guide is very important for knowing what fruits and vegetables you may purchase.



WIC Nutrition Services

WIC can provide information and suggestions on how to keep your **family safe and healthy.**

During every visit to WIC, you have the opportunity to talk to an educator about **good nutrition** and **healthy eating** for your family. You will also learn more about how to keep your child **healthy, safe and well-fed**. WIC will share information on well-child check-ups, immunizations, and other health and social services that are key to childhood and family well-being.

Your WIC clinic can help you learn about and prepare for breastfeeding. The WIC staff will answer any questions you might have. WIC wants to help you breastfeed your baby.

WIC wants to help
you breastfeed
your baby.

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what happens at your WIC appointment

During the appointment:

- You and/or your child will have a nutrition assessment including a measurement of weight, height, and hemoglobin (just a quick finger stick).
- You will talk with a WIC educator about good nutrition and healthy eating, breastfeeding and any special health concerns your family might have.
- If eligible, you will get WIC vouchers for healthy foods for you and/or your child.
- You will make an appointment to come back in 1-3 months to learn more about healthy eating and nutrition, and to pick up more vouchers.

You will need to bring:

- 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.
- The person(s) being certified.
- 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 or MinnesotaCare
 - SNAP (Food Stamps)
 - SSI, Free/Reduced School Lunch Program, Energy Assistance or Head Start.
- If you are already enrolled in WIC, bring your WIC ID Folder.

WIC Questions

Information on how to **protect** your **WIC benefits**

If you have a question about WIC foods

If you have questions about WIC foods or trouble finding WIC-approved foods, talk to your WIC Clinic or call the state WIC office at 1-800-657-3942.

You can also visit our Web site at:
www.health.state.mn.us/divs/fh/WIC/index

If the grocery store doesn't have the foods

If a grocery store doesn't have all the foods listed on your voucher, you can...

- Go to another WIC-approved store.
- Keep your voucher and go back to the store another day.

Grocers are not allowed to give rainchecks in WIC. If a grocery store is often out of the foods listed on your voucher, call the state WIC office at 1-800-657-3942.

If you don't understand English

WIC staff will try to help you in a language you understand. Some WIC clinics have bilingual staff or interpreters. Others will use a telephone translation service.

What you need to do to continue receiving WIC

At some appointments, we will check to see if you or your child is still eligible for WIC. This is called a **certification appointment**. For what you need to bring to this appointment, see page 13.

What to do if you move

Tell WIC staff if you are planning to move.

- Take your WIC ID Folder with you.
- Call the WIC program in your new area right away.
- To find the nearest WIC program in Minnesota, call 1-800-942-4030 or go to the Web site:
www.health.state.mn.us/divs/fh/WIC/index

What you can expect from WIC

You can expect equal treatment from WIC. We treat you the same no matter your race, color, age, national origin, disability, or sex.

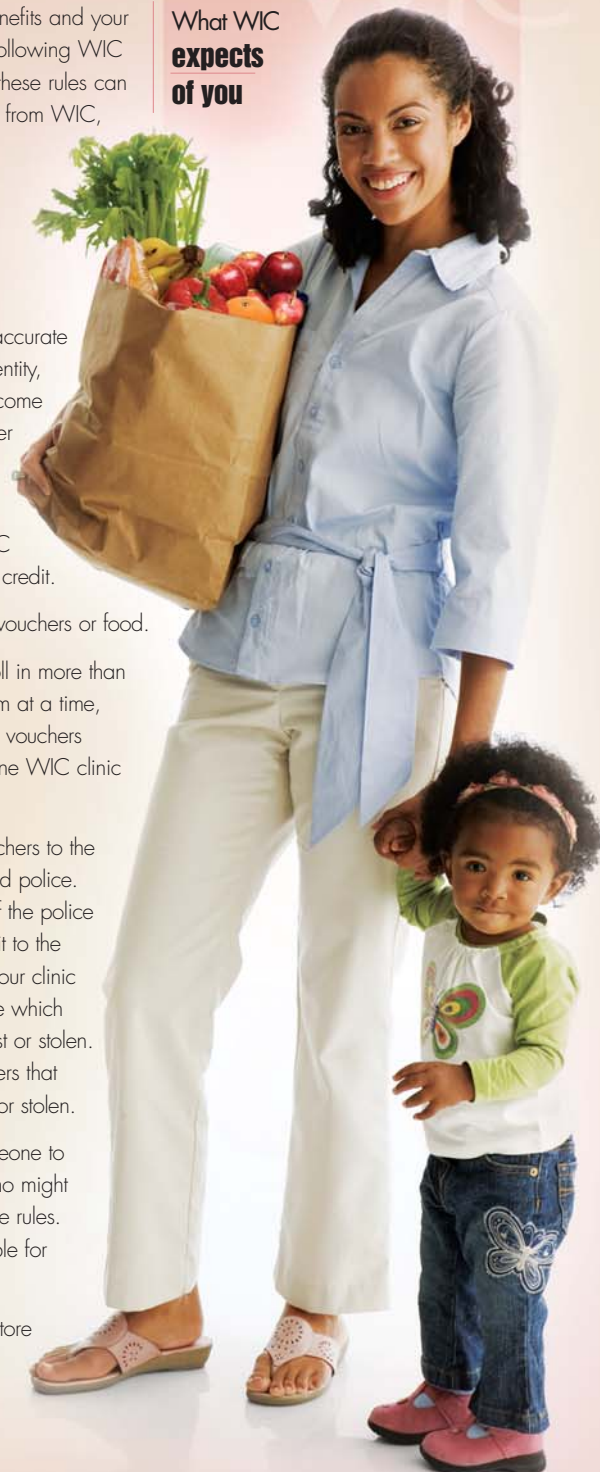
If you do not agree with WIC staff about your eligibility for WIC, you may ask for a hearing.

Protect your WIC benefits and your children's health by following WIC rules. Not following these rules can lead to your removal from WIC, your being required to repay the value of vouchers, and even criminal charges.

WIC rules are:

- Always provide accurate and complete identity, residency and income information. Never use a false name or address.
- Do not return WIC foods for cash or credit.
- Do not sell WIC vouchers or food.
- Do not try to enroll in more than one WIC Program at a time, or try to get WIC vouchers from more than one WIC clinic in a month.
- Report stolen vouchers to the WIC Program and police. Obtain a copy of the police report and bring it to the WIC clinic. Tell your clinic if you are not sure which vouchers were lost or stolen. Never use vouchers that are reported lost or stolen.
- Never allow someone to be your proxy who might break any of these rules. You are responsible for your vouchers.
- Treat WIC and store staff with respect and courtesy.

What WIC expects of you



Your WIC clinic

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When to **call your WIC clinic**

Remember, **it is important** to call your WIC Clinic listed above if:

- You can't keep your next appointment
- You have questions about nutrition or breastfeeding
- Your vouchers are lost or stolen
- Your name, address or phone number changes
- You have comments or concerns. Your feedback is important to us.

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



Minnesota WIC Program

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write
USDA, Director, Office of Adjudication and Compliance
1400 Independence Avenue, SW
Washington, DC 20250-9410 or call (800) 795-3272
(voice) or (202) 720-6382 (TTY)

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