



# HOUSTON COUNTY

304 South Marshall Street  
Caledonia, Minnesota 55921

---

## What is WIC?

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

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy healthy foods
- Support and help with breastfeeding referrals to health care, immunizations, and other programs.

[Back to top](#)

## Who is WIC for?

- Women who are pregnant, breastfeeding, or who 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 5<sup>th</sup> birthday.

## What you can expect from WIC?

### NUTRITION EDUCATION

WIC offers tips and advice to help you feed your family in a healthy way.

### INFORMATION

We help you find health care, immunizations, and other programs

### WIC FOODS

We give you vouchers for healthy foods for each participant.

### EQUAL TREATMENT

We treat you the same no matter your race, color, age, national origin, disability, or sex.

### FAIRNESS

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

[Back to top](#)

## To get WIC, you need to ...

- Have a nutritional and/or medical need, and
- Meet the WIC income guidelines

## What will you learn about nutrition?

### WOMEN

- About healthy eating during pregnancy and after you have your baby
- How to breastfeed

### INFANTS

- How to feed your baby
- How to keep your baby healthy with good nutrition

### CHILDREN

- How to feed your child
- How to keep your child healthy with good nutrition

## What happens at your WIC appointment?

As needed, we check to see if you or your child is eligible for WIC. This means...

- You bring your picture ID, proof of your address and income, and ID Folder.
- You and/or your child get your weight, height and hemoglobin measured (just a quick finger stick).
- You talk to a health professional about good nutrition and healthy eating for your family.
- If eligible, you get WIC vouchers for you and/or your child.
- You make an appointment to come back in 1 – 3 months to pick up more vouchers and learn more about good nutrition and breastfeeding.

[Back to top](#)

## How to shop with a WIC voucher

### BEFORE YOUR SHOP

- Find a WIC-approved store in Minnesota. Get a list of stores from your WIC office.
- Take out the voucher(s) you want to use today. Be sure to check the dates on each voucher.
- Bring your voucher(s), WIC ID Folder, and WIC Food List to the store.

## WHILE YOU SHOP

- Look at the voucher(s) and the WIC Food List and select the right foods and package sizes.

## AT THE CASH REGISTER

Separate the WIC foods from other foods on the store counter.

- 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.
- Last, sign each voucher in front of the cashier.

## What foods do you get on WIC?

- [MILK](#) and [CHEESE](#)
- [EGGS](#), [DRIED BEANS](#), and [PEANUT BUTTER](#)
- [CEREAL](#)
- [JUICE](#)
- [CARROTS](#) and [CANNED TUNA](#)

## Breastfeeding is best

Breastfeeding is the healthiest way to feed your baby. Breast milk has just the right protein, vitamins, and minerals for the baby. It helps protect your baby from infections and illnesses. It also helps your baby's eyes and brain develop. Breastfeeding is good for you too, Mom. It helps you lose weight and keeps your bones healthy.

Infants who are not breast-fed receive [IRON-FORTIFIED INFANT FORMULA](#).

Back to top

## What do you need to do to stay on 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.

### *You will need to bring ...*

- Picture ID
- Your WIC ID Folder

- Proof of income, such as; Work pay stubs, your most recent tax form, a check for child support or unemployment, Minnesota Family Investment Program (MFIP or TANF ), Medical Assistance (MA), or Food Support (Food Stamps)
- Proof of address, such as a current drivers license, or a bill, rent receipt, or business mail with your name and address on it
- The person(s) being certified.

## What happens 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.