



WHAT IS WIC?

The Women, Infant, and Children (WIC) Program is a nutrition and breastfeeding program that helps families eat well and stay healthy.

MN WIC WORKS!

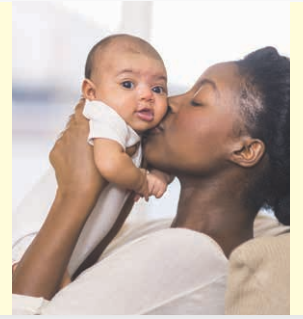
WIC families have...

- ✓ Healthier pregnancies
- ✓ Healthier births
- ✓ Healthier children

APPLY FOR WIC TODAY!



WHO IS WIC FOR?



WOMEN

- Pregnant women
- Breastfeeding women until the infant's first birthday
- Women whose pregnancy ended less than six months ago



INFANTS

Infants from birth to 1 year of age



CHILDREN

Children from 1 year of age up to 5 years of age, including foster and adopted children

Other guardians can apply for WIC on behalf of their infants and children. WIC welcomes fathers, grandparents, adoptive, and foster parents at all WIC visits.

DO I QUALIFY?

Scan for WIC income guidelines:



HOW DOES WIC HELP FAMILIES?

- **HEALTHY FOODS**
We provide fruits & vegetables, milk, cheese, yogurt, eggs, whole grains, cereal, peanut butter/beans, and more!
- **BREASTFEEDING SUPPORT**
We help new moms meet their breastfeeding goals.
- **NUTRITION EDUCATION**
We provide healthy eating advice for you and your family.
- **OTHER RESOURCES**
We can connect you to other programs in your community.



P.O. Box 64975
St. Paul, MN 55164-0975
1-800-657-3942
health.state.mn.us/wic

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MN WIC UA HAUJ LWM!

WIC cov yim neeg muaj...

- ✓ Kev xeeb me nyuam uas muaj kev noj qab nyob zoo dua
- ✓ Kev yug me nyuam uas muaj kev noj qab nyob zoo dua
- ✓ Cov me nyuam uas muaj kev noj qab nyob zoo dua

THOV RAU WIC NYOB RAU HNUB NO!



WIC YOG DAB TSI?

Lub Women, Infants, and Children Program (WIC, Khoos Kas Poj Niam, Cov Me Nyuam Mos Liab thiab Me Nyuam Yaus) yog lub khoos kas pab cuam khoom noj los sis kev pub niam mis rau me nyuam uas pab kom cov yim neeg tau noj cov khoom zoo thiab muaj kev noj qab nyob zoo.



WIC PHIM RAU LEEJ TWG?



COV POJ NIAM

- Cov poj niam cev xeeb me nyuam
- Cov poj niam muaj kev pub niam mis rau me nyuam kom txog thaum cov me nyuam mos liab txog ntua lub hnub yug zaum xub thawj tso
- Cov poj niam uas nyuam qhuav yug me nyuam tsis tau muaj rau lub hlis dhau los



COV ME NYUAM MOS LIAB

Cov me nyuam mos liab txij thaum yug los txog thaum muaj hnub nyooq 1 xyoo



COV ME NYUAM YAUS

Cov me nyuam yaus txij thaum muaj hnub nyooq 1 xyoo mus txog rau 5 xyoo, uas suav nrog cov me nyuam yaus uas yog me nyuam ntsuag thiab cov me nyuam uas niam txiv coj los tu

Lwm cov neeg saib xyuas tuaj yeem thov WIC ua tus sawv cev ntawm lawv cov me nyuam mos liab thiab cov me nyuam yaus. WIC zoo siab txais tos cov uas yog leej txiv, cov pog yawg, tus coj me nyuam los tu, thiab cov niam txiv uas coj me nyuam ntsuag los tu ntawm txhua cov kev tuaj saib ntawm WIC.

KUV PUAS MUAJ KEV TSIM NYOG TAU TXAIS?

Thaij rau WIC saib cov lus qhia txog nyiaj khwv tau los:



WIC PAB TAU COV YIM NEEG LI CAS?

- **COV KHOOM NOJ UAS MUAJ KEV NOJ QAB NYOB ZOO**
Peb muab cov txiv mab txiv ntoo thiab cov zaub, mis, mis nyuj khov, mis qaub, cov qe, cov noob qoo loo, khoom noj los ntawm noob qoob loo, txiv laum huab xeeb/noob taum, thiab ntau yam ntxiv!
- **KEV PAB TXHAWB KEV PUB NIAM MIS RAU ME NYUAM**
Peb pab cov leej niam tshiab kom ua tau raws li lawv cov hom phiaj kev pub niam mis rau me nyuam.
- **KEV KAWM TXOG FAB KHOOM NOJ**
Peb muab qhov lus qhia txog kev noj uas muaj kev noj qab nyob zoo rau koj thiab koj tsev neeg.
- **LWM COV CHAW MUAJ KEV PAB**
Peb tuaj yeem txuas koj rau lwm cov khoom kas nyob rau hauv koj lub zej zog.



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Lub chaw no yog lub chaw muab kev pab cuam uas muaj vaj huam sib luag.
Muab luam rau hauv daim ntawv coj los siv dua.