



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!

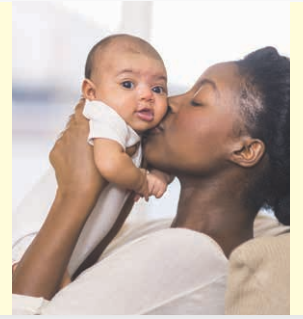
WIC families have...

- ✓ 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 WAY SHAQAYSAA!

Qoysaska WIC waxay helaan...

- ✓ Uur caafimaad leh
- ✓ Dhalmo caafimaad leh
- ✓ Carruur caafimaad leh

CODSO WIC MAANTA!



WAA MAXAY WIC?

Barnaamijka Special Supplemental Nutrition Program for Women, Infants, and Children (WIC, Barnaamijka Nafaqada Dheeraadka ah ee Gaarka ah ee loogu talagalay Haweenka, Dhallaanka, iyo Carruurta) waa barnaamij nafaqo iyo naas-nuujin kaas oo ka caawiya qoysaska inay cunto fiican cunaan ayna caafimaad qabaan.

YAA LOOGU TALAGALAY WIC?



HAWEENKA

- Haweenka uurka leh
- Naasnuujinta haweenka ilaa dhallaanka dhalashadiisa kowaad
- Haweenka uurkoodu dhammaaday wax ka yar lix bilood kahor



SAQIIRADA

Saqiirada laga bilaabo markay dhashaan ilaa 1 sano jir



CARRUURTA

Carruurta laga bilaabo 1 sano jir ilaa 5 sano jir, ayna ku jiraan ilmaha la korsaday iyo kuwa dadka aan dhalin korsanayaan

Masuuliyiinta kale ayaa codsan kara WIC ayagoo wakiil ka ah saqiiradooda iyo carruurtooda. WIC way ku soo dhawaynaysaa aabeyaasha, awooweyaasha/ ayeeyooyinka, iyo waalidiinta ilmaha aysan dhalin korsada dhammaan booqashooyinka WIC.

MIYAAN U QALMAA?

Iskaanka mari si aad u hesho tilmaamaha dakhliga ee WIC:



SIDEE AYAY WIC U CAAWISAA QOYSASKA?

- **CUNTOOYINKA CAAFIMAADKA LEH**
Waxaan bixinaa miro iyo khudaar, caano, jiis, ciir, ukun, dalaga baalka leh, seeriyaaalka, subaga lawska/digirta, iyo kuwa kale oo badan!
- **TAAGEERADA NAAS NUUJINTA**
Waxaan ka caawinaa hooyooyinka cusub inay gaaraan higsiyadooda naas nuujinta.
- **WAXBARASHADA NAFQAADA**
Waxaan adiga iyo qoyskaaga idiin siinaa tallada cunto cunista caafimaadka leh.
- **CAAWIMO KALE**
Waxaan kugu xiri karnaa barnaamijyada kale ee ka jira deegaankaaga.

