

WIC – Women- Pregnant or breastfeeding
Infants – up to one year of age
Children - age one to five

Do you qualify or know someone who would qualify for free supplemental foods, nutrition education and parenting ideas? Then WIC is the place for you. Save on food costs, receive prenatal and breastfeeding support and referrals to other services available in our county. Many working families are eligible for this service.

As always, WIC applicants may qualify by bringing proof of income when income is at or below these amounts (effective from April 1, 2013 – June 30, 2014):

Household Size	Yearly Income
1	\$21,257
2	28,694
3	36,131
4	43,568
5	51,005
6	58,442
7	65,879
8	73,316
Each additional member add	+ 7,437

Families may also qualify by bringing proof that a family member is enrolled in one or more of the following programs:

- * Medical Assistance (MA)
- * Minnesota Care
- * MFIP
- * Food Stamps
- * Fuel Assistance
- * Headstart
- * Free/Reduced Price School Lunch
- * SSI – participant only

Families with incomes higher than the income listed above will still qualify for WIC if a family member is enrolled in Medical Assistance or Minnesota Care. Applicants on TEFRA will still qualify for WIC.

Complete a Minnesota Health Care Programs application today to establish your eligibility!

If you have any questions, please call Jane Denardo at (218) 685-8295 or 1-888-826-5103. You may also contact the MN Department of Health, WIC Division at 1-800-WIC-4030 or website at <http://www.health.state.mn.us/divs/fh/wic>.