

## WELCOME TO WIC !

### Preparing for Your WIC Appointment

**\*\*Please bring the following items:**

**Proof of Income:** (pay stubs, most recent tax form, check for child support, etc.)

OR Proof of MFIP, Medical Assistance or Food Support: (Current certification letter or MA number)

**Proof of Address:** (bill, rent receipt, etc. with your name and address on it)

**Proof of Identify:** (Driver's license, school/work ID, passport, birth certificate, social security care, etc.)

**\*\*BEFORE YOUR APPOINTMENT PLEASE REVIEW THE FOLLOWING:**

**-Read the WIC Rights and Responsibilities:**

[WIC Rights & Responsibilities - Minnesota Department of Health \(state.mn.us\)](http://state.mn.us)

**-Download the MN WIC app:**

[My Minnesota WIC App \(state.mn.us\)](http://state.mn.us)

**-Review how to use the WIC card:**

[My Minnesota WIC Card Brochure \(state.mn.us\)](http://state.mn.us)



**-View Video- Using your WIC card:**

[Using your WIC Card - YouTube](http://www.youtube.com)

**-Review WIC allowed foods in the Shopping Guide:**

[Minnesota WIC Shopping Guide \(state.mn.us\)](http://state.mn.us)

**-Read about the dangers of alcohol, tobacco and other drugs:**

[Alcohol, Tobacco and Other Drugs \(state.mn.us\)](http://state.mn.us)

This institution is an equal opportunity provider.