

## WELCOME TO WIC !

### Preparing for Your WIC Phone Appointment

\*\*Email ([WIC@swmhhs.com](mailto:WIC@swmhhs.com)) a picture or screen shot of 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.)

**-Read the WIC Rights and Responsibilities:** <https://www.health.state.mn.us/people/wic/rights.html>

**-Download the MN WIC app:** <https://www.health.state.mn.us/docs/people/wic/ewic/appbrochure.pdf>

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

<https://www.health.state.mn.us/docs/people/wic/ewic/wiccardbrochure.pdf>



**-View Video- Using your WIC card:** <https://www.health.state.mn.us/people/wic/shopforwic/shop.html>

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

<http://www.health.state.mn.us/docs/people/wic/vendor/fpchng/shopguide.pdf>

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

<https://www.health.state.mn.us/docs/people/wic/nutrition/english/gendrugs.pdf>

**\*You can expect your phone appointment to take about an hour. We will talk to you soon!**

This institution is an equal opportunity provider.