

Le Sueur County Public Health Women, Infant, Children (WIC)

What is WIC?

WIC is a nutrition education program. WIC provides supplemental foods which promote good health.



Who is eligible?

- Pregnant women
- Breastfeeding women
- Women who have a baby less than six months old
- Infant and children up to five years old
- Live in this county
- Are at nutritional risk
- Meet liberal income guidelines



Benefits of being enrolled in the WIC program!!!

- You get nutritious foods at no cost.
- You receive nutrition counseling for yourself and your children.
- You save money. The extra money can be used to purchase fresh fruits, vegetables, meats, baby foods and other foods that WIC does not provide.

WIC will provide:

- Nutrition education
- Referrals for health care
- Supplemental foods like cereal, juice, milk, eggs, cheese, formula, peanut butter, beans



How do you get WIC?

Give us a call or stop by and make an appointment

Le Sueur County Public Health
88 South Park Ave
Le Center, MN 56057
507-357-8246

WIC applicants may qualify by bringing proof of income when income is at or below these amounts:

Pregnant women count as 2

Family Size	Annual	Monthly	Biweekly	Weekly
1	\$20,036	\$1,670	\$771	\$386
2	\$26,955	\$2,247	\$1,037	\$519
3	\$33,874	\$2,823	\$1,303	\$652
4	\$40,793	\$3,400	\$1,569	\$785
5	\$47,712	\$3,976	\$1,836	\$918
6	\$54,631	\$4,553	\$2,102	\$1,051
7	\$61,550	\$5,130	\$2,368	\$1,184
8	\$68,469	\$5,706	\$2,634	\$1,317
9	\$75,388	\$6,283	\$2,899	\$1,450
10	\$82,307	\$6,859	\$3,166	\$1,583
Each Additional Member Add	\$6,919	\$577	\$267	\$134

Applicants may also qualify by bringing proof of enrollment in one or more of the following programs:

Medical Assistance (MA)

MFIP

Fuel Assistance

Free/Reduced Price School Lunch

Minnesota Care

Food Stamps

Headstart

SSI

Families with incomes higher than the income listed above may still qualify for WIC if eligibility for Medical Assistance, Minnesota Care or TEFRA is established.

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