

MATERNAL CHILD HEALTH

Prenatal to age 3 families participating in the Family Spirit program, or those who would like to join the program will be visiting over the phone or computer with Marissa Rose.

To make an appointment or have questions please call Marissa 218-994-1539



New Lives participants and Women, Infant, and Children qualifying for WIC services will have phone appointments.

WIC cards will be mailed to clients who are new to WIC or who need a replacement card.

To make an appointment call Jill Schuchard 218-410-3293



WIC Income Guidelines (Effective as of May 1, 2019)

Number of Household Members	Weekly Household Income	Monthly Household Income	Yearly Household Income
1	Up to \$445	Up to \$1,926	Up to \$23,107
2	Up to \$602	Up to \$2,607	Up to \$31,284
3	Up to \$759	Up to \$3,289	Up to \$39,461
4	Up to \$917	Up to \$3,970	Up to \$47,638
5	Up to \$1,074	Up to \$4,652	Up to \$55,815
6	Up to \$1,231	Up to \$5,333	Up to \$63,992
7	Up to \$1,388	Up to \$6,015	Up to \$72,169
8	Up to \$1,546	Up to \$6,696	Up to \$80,346
9	Up to \$1,703	Up to \$7,377	Up to \$88,523
For each additional family member, add	\$158	\$682	\$8,177

Who can qualify?

If you are pregnant or have a child under age 5 and meet income guidelines.

Pregnant women count as 2

If you or a family member is currently participating in any of the following programs, you and your family are automatically eligible for the WIC Program:

- Medical Assistance
- SNAP (Food Stamps)
- MN Family Investment Program (MFIP)
- Fuel Assistance
- Reduced or Free School Lunch
- Head Start ☑ Supplemental
- Security Income (SSI)

OR