



Chisago County
Health and Human Services
Public Health Division



FOR IMMEDIATE RELEASE

(04/16/20)

WIC is open and here to support families.

****MEDIA ADVISORY****

WIC wants families to know that we are here for them. The Chisago County WIC Program is open for current participants and new participants.

To reach the Chisago County WIC program call 651-213-5206. Families can find the phone number for other WIC programs by calling 1-800-942-4030.

Due to social distancing, WIC has changed to providing eligibility and all other WIC appointments by phone during COVID-19.

In 2019, WIC changed from a paper voucher to a card, similar to an EBT- style card. WIC participants can continue to use this WIC Card in stores.

We are also hearing of social media reports with inaccurate information about WIC. The best source of information about current WIC services is the Minnesota WIC website <https://www.health.state.mn.us/people/wic/index.html> and the Chisago County website <https://www.chisagocounty.us/260/Women-Infant-Children-WIC>

WIC is a health and nutrition program and provides a variety of healthy foods! WIC staff can answer nutrition and breastfeeding questions, and refer to other resources.

WIC provides services to women who have recently had a baby or who are pregnant and to infants and children until their 5th birthday. WIC wants families to know that if they have had changes in income due to COVID19 or if they participate in Medical Assistance, SNAP, or other programs, they may be eligible. To learn more see the Minnesota WIC website or call 1-800-942-4030.

Contact for Chisago County WIC Coordinator: Dawn.Liemandt@chisagocounty.us

Helpful resources for families:

Nutrition

Prenatal, infant, child and postpartum [nutrition information](https://www.health.state.mn.us/people/wic/nutrition/index.html). (English, Spanish, Somali)
<https://www.health.state.mn.us/people/wic/nutrition/index.html>

[Recipes https://www.health.state.mn.us/people/wic/recipes/index.html](https://www.health.state.mn.us/people/wic/recipes/index.html)

Breastfeeding

Preparing for breastfeeding, getting off to a great start, and more.



Chisago County
Health and Human Services
Public Health Division



- [Nutrition Information - English \(Breastfeeding Women\)](https://www.health.state.mn.us/people/wic/nutrition/morenutinfo.html#bfwomen)
<https://www.health.state.mn.us/people/wic/nutrition/morenutinfo.html#bfwomen>
- [La Nutrición - La Lactancia Materna \(Breastfeeding - Spanish\)](https://www.health.state.mn.us/people/wic/spanish/nutricion.html#bf)
<https://www.health.state.mn.us/people/wic/spanish/nutricion.html#bf>
- [Af Soomali - Nuujinta \(Breastfeeding - Somali\)](https://www.health.state.mn.us/people/wic/somali/index.html#bf)
<https://www.health.state.mn.us/people/wic/somali/index.html#bf>