



# DAKOTA COUNTY WIC IS FOR FAMILIES

WIC stands for Women, Infants, and Children. WIC is a nutrition program that helps families eat well and stay healthy. During every visit to WIC, you can talk to an expert about healthy eating, lactation, and any health concerns. Anyone caring for children under age 5 who qualify can apply.

## WIC offers you:

- Nutrition information
- Healthy foods
- Lactation support
- Information on health and community programs

## WIC is for:

- People who are pregnant, breastfeeding or chestfeeding, or recently had a baby
- Infants
- Children up to age 5

## To qualify for WIC:

- Be enrolled in a program like Medical Assistance or Supplemental Nutrition Assistance Program (SNAP)  
OR
- Meet the WIC income guidelines

## 3 ways to apply for WIC

- 1 Call 952-891-7525**  
The WIC phone line is open Monday through Friday, from 8 a.m. to 4 p.m.
- 2 Text "DakotaWIC" to the phone number 855-11**  
A staff person will contact you
- 3 Fill out an online application**  
Visit the Dakota County website and search WIC, or scan the QR code



Interpreters are available.  
Locations in Apple Valley,  
West St. Paul, and Hastings.



This institution is an equal opportunity provider.

Dakota County Public Health Department 651.554.6100 [www.dakotacounty.us](http://www.dakotacounty.us)

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