

# WIC is a NUTRITION and BREASTFEEDING PROGRAM

that helps families  
eat well and stay  
healthy.

Women, Infants, and Children (WIC)



## HOW DOES WIC SUPPORT FAMILIES?

- Improved access to healthier foods through a tailored food package.
- Personalized nutrition education.
- Breastfeeding support and education.
- Referrals to other health and community programs.

## WHO IS ELIGIBLE FOR WIC?

- Women who are pregnant, breastfeeding, or recently postpartum.
  - Infants (up to age one).
  - Children (up to age five), including foster or adopted children.
- Participants must meet WIC income guidelines or be enrolled in either Medicaid or SNAP.

### WASHINGTON COUNTY WIC LOCATIONS

NEW

**Central Service and License Center**  
1261 Woodlane Drive, Woodbury, MN

**Cottage Grove Service Center**  
13000 Ravine Parkway South, Cottage Grove, MN

**Government Center**  
14949 62nd Street, Stillwater, MN

**Headwaters Service Center**  
19955 Forest Road North, Forest Lake, MN

Open days and hours vary by clinic.



For more information, scan the QR code  
or visit [WashingtonCountyMN.gov/WIC](https://WashingtonCountyMN.gov/WIC)

**Please call 651-430-6658  
to make an appointment.**



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