



FOR IMMEDIATE RELEASE

DATE: April 24, 2019

New eWIC card is available now in Crow Wing County

The electronic WIC card is now available in Crow Wing County. The eWIC card will replace paper vouchers and make shopping for healthy foods more efficient, discreet, and less wasteful as now purchases can be made as items are needed - instead of all the food at once.

WIC participants are encouraged to download the MN WIC app. This app enables participants to access information on their food benefits, receive appointment reminders, assess nutrition information, and scanner item in the store to see if they are approved WIC foods.

Crow Wing County's WIC program goal is "providing healthy starts and promising futures through nutrition education and breastfeeding support to women and children." The WIC staff is looking forward to assisting new families to participate and continue to help current WIC participants maintain WIC benefits and services.

WIC is a federally funded program which provides individualized nutrition education, breastfeeding education & support, and referral to other health and community resources. WIC benefits add up to an average of \$475 to \$1600 per month. Redemption of WIC benefits results in local grocer revenue of over \$87,000 per month. Research shows WIC participants have fewer health consequences in the future.

WIC is available for pregnant and postpartum women, infants and children up to age 5. For more information and to see if you are eligible, Call 218-824-1073, stop by Crow Wing County Community Services building at 204 Laurel Street in Brainerd or visit <https://www.health.state.mn.us/forms/cfh/wicelig/>.

Community Services administers more than seventy federal and state benefit and assistance services and programs to residents in Crow Wing County. The Department is dedicated to providing excellent service and efficient management in performing its mission of promoting and protecting the health, well-being and self-sufficiency of all Crow Wing County residents.

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Our Vision: Being Minnesota's favorite place.
Our Mission: Serve well. Deliver value. Drive results.
Our Values: Be responsible. Treat people right. Build a better future.

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