

“Health” education & policy incorporation – expansion of Health Care partnerships

PRESENTED BY :

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Women, Infants & Children Nutrition Program

What is WIC?

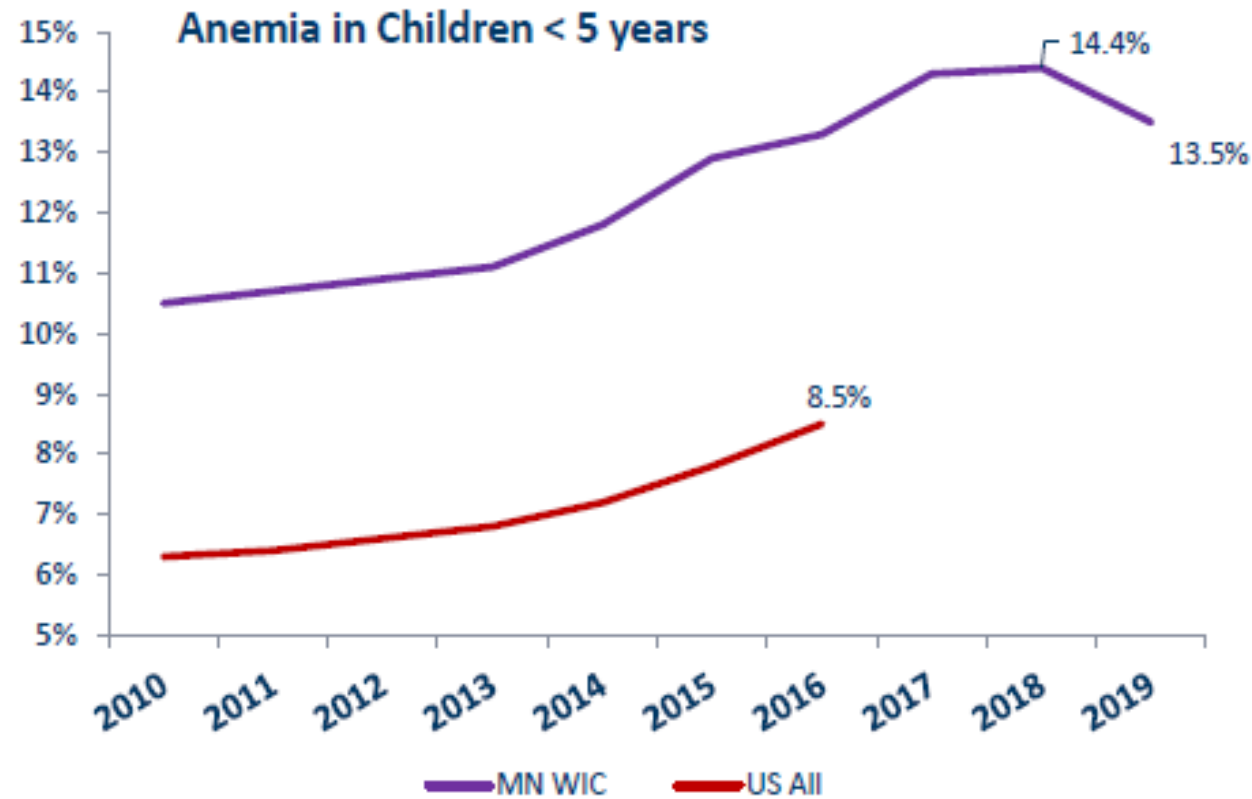
WIC OFFERS A HEALTHY FOOD PACKAGE*

 <p>BEANS</p>	 <p>WHOLE GRAINS</p>	 <p>FRUITS & VEGETABLES</p>	 <p>100% FRUIT JUICE</p>
 <p>CHEESE</p>	 <p>CEREAL</p>	 <p>EGGS</p>	 <p>INFANT FORMULA</p>
 <p>CANNED FISH</p>	 <p>PEANUT BUTTER</p>	 <p>MILK</p>	 <p>INFANT CEREAL & BABY FOOD</p>

*Check your state for specific guidelines.

Food Packages

Anemia Rates in MN



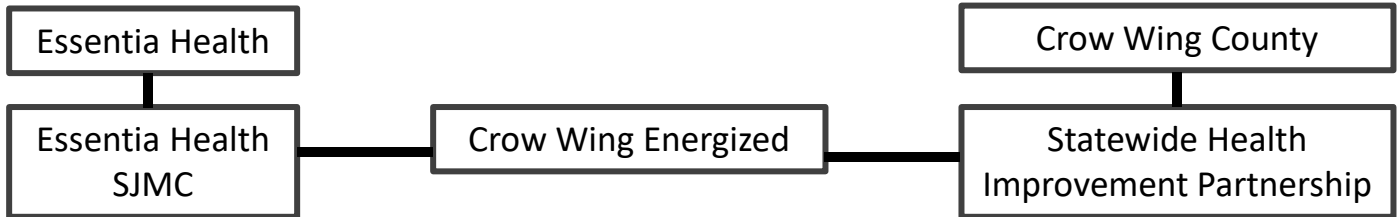
**WIC KIDS ARE
OFF TO A
HEALTHY START!**



WIC Works

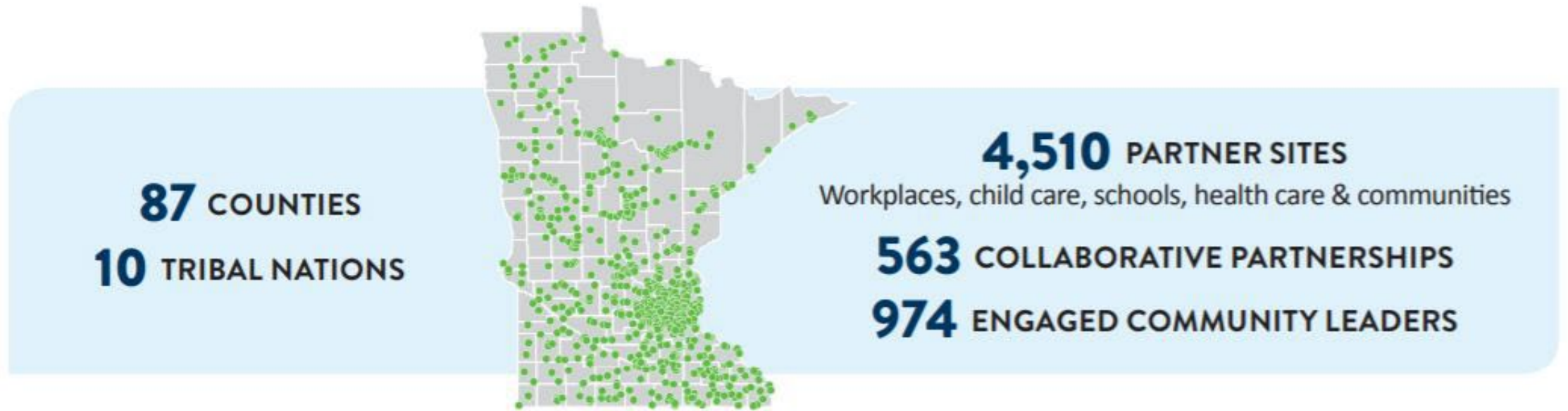


Referrals to Food Resources



CROW WING COUNTY
&
CROW WING
ENERGIZED
PARTNERSHIP

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE



The Statewide Health Improvement Partnership (SHIP) supports community-driven solutions to expand opportunities for active living, healthy eating and commercial tobacco-free living, helping all people in Minnesota prevent chronic diseases including cancer, heart disease, stroke and type 2 diabetes. Ninety percent of the nation's health care costs are for people with chronic conditions, and the majority of those costs are preventable.



Making the healthy choice the easy choice

WORKING ALONGSIDE CUB FOODS



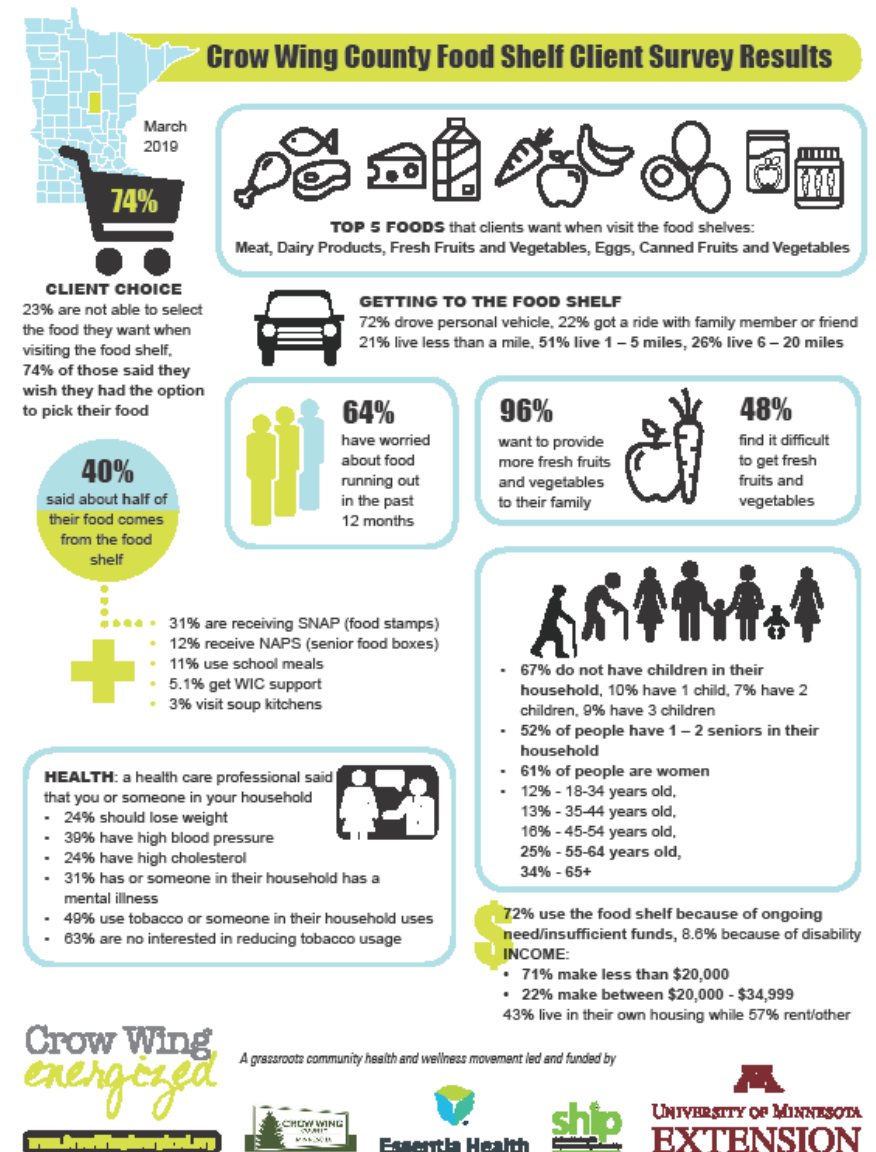
Crow Wing County Food Shelf Coalition



SuperShelf Model

Crow Wing County Food Shelf Survey

- 40% said that half of their food comes from the food shelves
- Shoppers want meat, dairy products, fresh fruits and veggies, eggs, canned fruits and veggies
- 96% want more fresh fruits and veggies for families while 48% find it difficult to get fresh fruits and veggies
- Only 31% receive SNAP, 12% receive NAPS, 5.1% get WIC support – but 72% use the food shelf because of ongoing need/insufficient funds.
- 71% make less than \$20,000





Produce Pop-Ups

FREE FOOD FOR THOSE IN NEED

Q&A / Contact Information

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