

Minnesota WIC Facts 2026



The federal Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is one of the nation's most successful public health efforts. WIC provides individualized nutrition support and education, one-on-one breastfeeding support, healthy foods, and referrals to community resources.

Minnesota serves **66.2% of those eligible** for WIC, ranking within the top five states nationwide ([Kessler, 2026](#)).

An estimated **38.6% of all infants** born in Minnesota participated in MN WIC.



WIC participants have **healthier diets** ([Weinfield, 2020](#)).



WIC **reduces costs**. Every \$1 invested in WIC saves \$2.48 in medical, educational, and productivity costs ([Nianogo, 2019](#)).



WIC helps **prevent preterm births** and decreases infant mortality within the first year of life ([Nianogo, 2019](#)).



The WIC fruit and vegetable benefit **increases fruit and vegetable intake**, food security, and participation ([Tsai, 2024](#)).

Supporting Minnesota families

MN WIC participants are pregnant and postpartum women, infants, and children up to 5 who are income eligible and live in Minnesota.

Average monthly participation in MN WIC (FFY 2025)



59,000
children



22,500
women



21,000
infants

Accessing healthy foods

In FFY 25:

- **\$31.8 million** in benefits were issued for fruits and vegetables.
- MN WIC participants purchased **\$98.9 million** in WIC foods at local grocery stores.



Improving birth weight

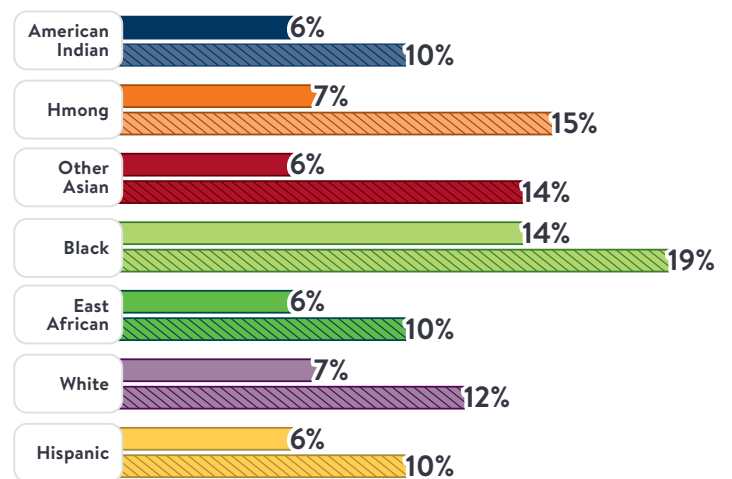
Prenatal participation in MN WIC improves birth weight, and reduces medical costs for all races and ethnicities.

- It costs **\$114,000-\$604,000** to care for a low-birth-weight infant ([Beam, 2020](#)).

Pregnant WIC participants:

- Eat more key nutrient foods needed for babies to grow and develop.
- Have more babies born at healthy weight and full term ([Caulfield, 2022](#)).

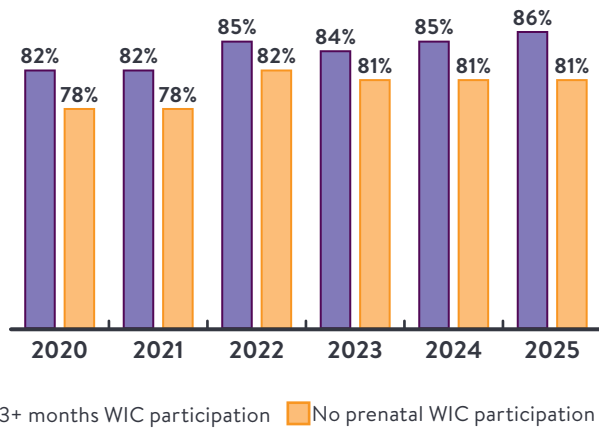
MN WIC infants born at a low birth weight 2024



□ 3+ months prenatal WIC participation ▨ No prenatal WIC participation

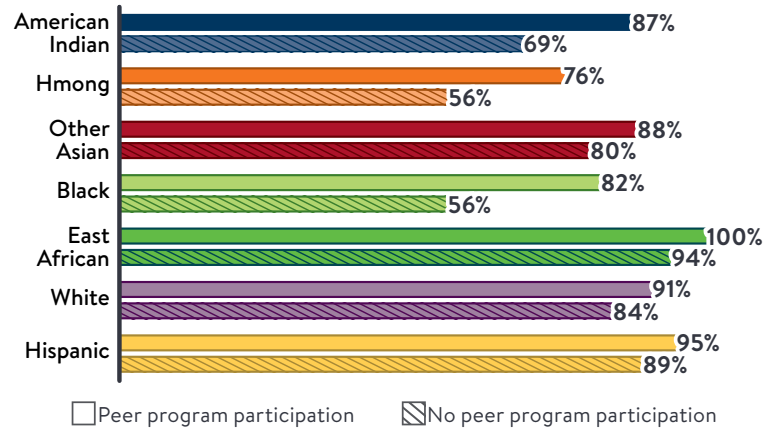
Encouraging Breastfeeding

Parents who participate in MN WIC before birth are more likely to breastfeed



Meeting breastfeeding recommendations could save as much as **\$100 billion** in health, mortality, and child cognition costs ([Jegier, 2024](#)).

MN WIC Peer Program participants of all races and ethnicities are more likely to breastfeed (2023)

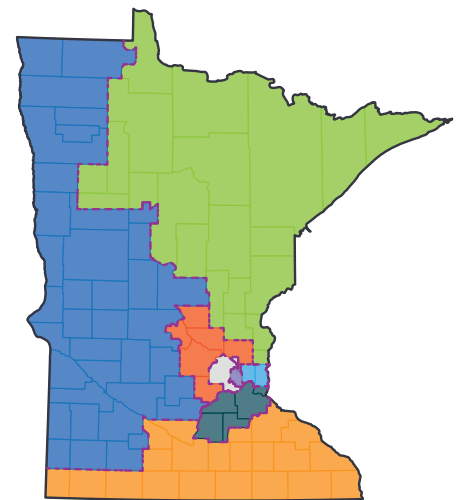


Many local WIC programs provide a [peer breastfeeding support program](http://www.health.mn.gov/people/wic/localagency/peerprogram.html) (www.health.mn.gov/people/wic/localagency/peerprogram.html).

MN WIC food dollars spent in local grocery stores

MN congressional districts	Average number of monthly WIC participants	Annual WIC dollars spent in local grocery stores
District 1 - Finstad	13,200	\$13 million
District 2 - Craig	8,400	\$8.3 million
District 3 - Morrison	9,700	\$10 million
District 4 - McCollum	19,100	\$19.2 million
District 5 - Omar	9,500	\$9 million
District 6 - Emmer	14,100	\$14 million
District 7 - Fischbach	16,500	\$14.8 million
District 8 - Stauber	12,000	\$10.6 million

102,500 Minnesotans spent 98.9 million WIC dollars in their local grocery stores



References: [MN WIC Facts \(www.health.mn.gov/people/wic/localagency/reports/mnwicfacts.html\)](http://www.health.mn.gov/people/wic/localagency/reports/mnwicfacts.html)

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