



children's  
defense fund  
minnesota

# BRIDGE TO BENEFITS

Helping Children Thrive By Improving  
Families' Economic Stability

[www.bridgetobenefits.org](http://www.bridgetobenefits.org)

## Could you benefits from:

- Free or low-cost **health care**?
- Help paying for **child care**?
- A larger **tax refund**?
- Free or reduced-cost **school meals**?
- Money to help **buy food**?
- Help paying your **energy bills**?



**Find out if you may qualify  
for public programs that can help  
stretch your budget:**

- Medical Assistance
- MinnesotaCare
- Advanced Premium Tax Credits for health insurance
- Child Care Assistance
- Supplemental Nutrition Assistance Program (SNAP)
- MN Family Investment Program (MFIP)
- Energy Assistance
- School Meals
- Women, Infants & Children (WIC)
- Earned Income Tax Credit
- Working Family Tax Credit

**It's quick, easy, free and confidential**

**Four simple steps that can help you  
and your family:**

- 1 Visit [www.bridgetobenefits.org](http://www.bridgetobenefits.org) and click on your state
- 2 Click the start button and answer questions about your household and income
- 3 Learn if you or your children may qualify for public programs
- 4 Find out how and where to apply, print applications and learn more about programs

# **BRIDGE TO BENEFITS**

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