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Do you need additional food for your family? You may be eligible for WIC!

Have you heard of the WIC Program? WIC stands for **W**omen, **I**nfants and **C**hildren (WIC) and is a nutrition program that provides healthy food, breastfeeding support, nutrition education and vital referrals to community agencies and health practitioners. The foods provided by the WIC program are specifically designed to target the nutritional needs of pregnant women, women who were recently pregnant, and children under five years old. Any caregiver/guardian of a child under the age of five may apply.

Did you Know:

- NYS local WIC agencies have been providing benefits and nutrition counseling over the phone during the entire COVID-19 crisis to hundreds of thousands of existing and new WIC families.
- NYS WIC provides electronic benefits allowing participants to shop easily with a pin-protected eWIC card (no more checks!).
- Fresh fruits and vegetables are available and encouraged through WIC. Milk, eggs, cheese, whole grains, cereal, beans, peanut butter, tofu, yogurt, baby food and infant formula are all available to WIC participants.
- During the summer months, WIC offices provide vouchers to use at local farmers' markets so families can buy additional locally grown fruits and vegetables while supporting our local NYS farmers at the same time!
- Breast pumps and expert lactation support are available through the WIC Program.
- NYS WIC employs thousands of people, including support staff, registered dietitians and certified lactation experts.
- Caregivers with a low to medium income may qualify for WIC and those participating in programs such as foster care, Medicaid, or SNAP are automatically income eligible.
- WIC benefits are not counted as a public charge and no questions are ever asked about immigration status.

To find a local WIC office call the Growing up Healthy Hotline: 800-522-5006 (24 Hours / 7 Days). TTY: 800-655-1789.

To stay up to date follow the WIC Association of NYS – www.nyswica.org

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