



WIC helps dads, too. (Superheroes included.)

You are her superhero. WIC can help.

You do it all, everyday—but you don't have to do it alone. WIC provides healthy food, nutrition advice, and referrals to other services to kids under 5. So she'll be ready for her flying lessons.

To learn more, visit **WICHelpNY.org** or call the Growing Up Healthy Hotline at 1-800-522-5006 and ask for help with WIC.