



Ready, Set, Grow! with WIC

You are giving her the best start possible.
WIC can support you both.

WIC has breastfeeding experts, including other moms, who can help you breastfeed your baby for as long as possible. WIC also provides healthy food for you and your baby. WIC benefits are given on an eWIC card that works like a debit card. You can shop with it at participating stores.

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