



WIC helps caregivers, too.

Sometimes life takes an unexpected turn,
and a child needs you. WIC can help.

If you are caring for a young child, they may be eligible for WIC. WIC provides healthy food, nutrition advice, and referrals to other services to kids under 5. WIC means you have one less thing to worry about.

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