



You can
count on
WIC.

Your child counts on you,
and you can count on WIC.

Do you have a 3- or 4-year-old child at home? During difficult times, they need love, safety, and healthy food more than ever. WIC provides kids under age five with healthy food, nutrition information and more. WIC benefits are given on an eWIC card that you use like a debit card at WIC-approved 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.