



WIC helps dads, too.

& grandparents
& foster parents
& step-parents
& guardians...

Are you a dad, grandparent, or caregiver of a child under age 5? WIC can help.

WIC provides healthy food, nutrition advice, and referrals to other services to infants and kids under 5. WIC benefits are given on an eWIC card that you use like a debit card 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.