

# WIC helps foster parents, too.



As a foster parent, you have a lot on your plate. WIC can help.

Children in foster care can get WIC, which 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.