

A photograph of a woman with brown hair, seen from the side, holding a baby. The woman is looking off to the side with a gentle expression. The baby is wearing a light-colored shirt with a pink floral pattern. The background is softly blurred, showing what appears to be a home interior with a lamp and a mirror.

WIC helps grandmas, too.

& fathers
& foster parents
& step-parents
& guardians...

WIC is not just for moms.
Anyone caring for a child under 5 can apply.

WIC gives you the extra help you need to make sure they eat well. WIC provides healthy food, nutrition advice, and referrals to other services to kids under 5. 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.