



You are going to raise her to be healthy and strong.
WIC can help.

WIC helps you buy healthy food your family needs. WIC also offers nutrition advice, breastfeeding support, and referrals to other services that can help. WIC benefits are now 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.

Ready, Set, Grow! with WIC



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