



He is on his way to amazing things.
WIC can give him a healthy start.

WIC helps kids under age five get healthy food, nutrition information and more. WIC benefits come on an eWIC card that you can use like a debit card with 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.