



Ready, Set, Grow! with WIC

You are giving your baby the best start possible.
WIC can support you both.

When you are pregnant, you need vitamins and minerals more than ever. WIC helps you buy the food you and your growing baby need. WIC also offers nutrition advice, breastfeeding support, and referrals to other services that can help.

Now, there is a new way to shop with WIC! eWIC includes a new electronic card that works just like a debit card. No more paper checks! The WIC2Go app makes shopping with WIC easier than ever.

To learn more, visit **WICHelpNY.org** or call the Growing Up Healthy Hotline at 1-800-522-5006 and ask for help with WIC.



HungerSolutionsNY.org

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