



Ready,

Set,

Grow!

with WIC

Good nutrition during pregnancy and in the first years of your child's life is very important.

WIC provides pregnant women, new and breastfeeding moms, and children under age 5 with healthy food, breastfeeding support, nutrition advice, and referrals to other services. Dads, grandparents, and caregivers can also apply for children in their care.

WIC can improve lifetime health for women, their infants, and young children. WIC may be able to help you and your child!

You may be eligible for WIC if you are:

- Pregnant.
- A mother of a baby up to 6 months old.
- A mother of a breastfeeding baby up to 12 months old.
- A child under the age of 5.

To get WIC, you and/or your child must:

- Meet age and other eligibility rules.
- Live in New York State.
- Have an income below a certain amount or get benefits from Medicaid, SNAP or TANF.



eWIC is a new way to shop with WIC benefits. 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.

Your First WIC Clinic Appointment:

Your first WIC appointment takes about 30-45 minutes, and each family member applying for WIC must come. (You may want to bring a toy or snack to keep your child busy!)

You will need to bring:

✓ **Proof of identity for you and any child up to age 5**

like a birth certificate, driver's license, school ID card, or healthcare provider record.

✓ **Proof of income**

like paystubs, SNAP or TANF letters, Medicaid cards, or tax returns.

✓ **Proof of address**

like a rent or mortgage document, utility or cell phone bill, paystub, or a letter from a shelter.

WIC Clinics accept these and many more documents as "proof."

What Should You Expect?

At your first appointment, someone from WIC will help you understand the program and see if you are eligible. You will then meet with a WIC Nutritionist who will:

- Listen to your nutrition and health concerns.
- Do a health and nutrition check for each qualifying member of your family.
- Give you an e-WIC benefit card and a list of foods you can buy with it.
- Provide referrals.

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



[HungerSolutionsNY.org](https://www.HungerSolutionsNY.org)

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