

# WIC

## the Way You Want It

Are you pregnant or raising children under age five? WIC can help you give your family a healthy start! WIC offers healthy food, nutrition education, breastfeeding support, referrals to helpful services, and more!

### WIC makes it easy for busy families to participate:

#### Remote or in-person services—your choice!

- Learn if you are eligible and enroll from home or at a WIC office.
- Appointments can be done over the phone or at a WIC office.
- Get recipes, information about healthy eating, and meal planning tips at your convenience using WIC's online nutrition education.



#### Use the eWIC shopping card to buy healthy food!

- Shop for your WIC foods using your eWIC card. Benefits are added remotely.
- Swipe your card at the register to buy fruit, veggies, cereal, beans, and more.
- Buy food when it works best for you. Be sure to use all of your benefits before the end of your 30-day benefit cycle.
- Save your card! You will reuse it each month.



WIC has plenty of flexible options to fit your needs, so you have more time for what matters most!

 The eWIC card



Chat with Wanda, WIC's 24/7 virtual assistant, to learn more and find a WIC office. Scan the QR code to chat now, or visit **WICHelpNY.org** for more information.



¡Yo hablo español!