



You're pregnant!

**Now is the time to call**

**WIC**

Good nutrition helps your baby grow healthy and strong. From the moment you know, WIC can help.

WIC offers healthy food, nutrition education, breastfeeding support, healthcare referrals, and more! With flexible options for in-person or phone appointments, online nutrition education, and the eWIC shopping card to buy food, it's easier than ever for busy families to participate.



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.



WICHelpNY.org  
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