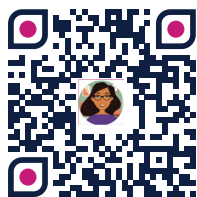




Your child
counts
on you.

You can count on **WIC.**

Let WIC take worries about healthy eating off your plate. Get healthy food, nutrition education, referrals to helpful resources, and more for your child under age five. Parents, grandparents, foster parents, and other primary caregivers can apply for their children.



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.