

Get a Healthy Start with **WIC!**



WIC can help your family eat well and stay healthy.

WIC provides:

- Nutritious food like fruit, vegetables, milk, eggs, and more
- Nutrition education focused on your family's needs
- Breastfeeding information and support
- Referrals to other helpful services

WIC welcomes:

- Newly pregnant people
- Working families
- Parents, grandparents, foster parents, and other primary caregivers

You may qualify if you:

- Are pregnant, just had a baby, are breastfeeding, or have a child under age five
- Have an income below a certain amount or get SNAP, Medicaid, or TANF
- Live in New York State (WIC doesn't ask about immigration status or citizenship)

It's a great time to get WIC! WIC can help you buy the nutritious food your child needs to grow healthy and strong. Families can choose in-person appointments at a WIC office or phone appointments from home. Services are free and it's easy to apply.

To learn more and find a WIC office, call the Growing Up Healthy Hotline at 1-800-522-5006 and ask for help with WIC in your preferred language or visit **WICHelpNY.org** and chat with Wanda, WIC's virtual assistant. Wanda is available in English and Spanish.
