

Find a WIC Clinic Near You

Visit: health.ny.gov/prevention/nutrition/wic/how_to_apply.htm

Call: 1-800-522-5006
The Growing Up Healthy Hotline

For information on other programs:

1-800-342-3009 for:

- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
- Home Energy Assistance Program (HEAP)

518-486-1086 for:
School Food Service Program

518-473-8781 for:
Summer Food Service Program

1-800-548-6479 for:

- National Hunger Hotline
- Whyhunger.org/find food

health.ny.gov/wic
mybenefits.ny.gov/mybenefits/begin
facebook.com/NYSDOH
twitter.com/HealthNYGov
youtube.com/nysdoh
nystateofhealth.ny.gov
text4baby.org
wicstrong.com

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

For other complaints or to request a Fair Hearing contact:

- (1) mail: WIC Program Director
NYSDOH, Riverview Center
150 Broadway, 6th Floor
Albany, NY 12204; or
- (2) phone: (518) 402-7093; fax (518) 402-7348; or
- (3) email: NYSWIC@HEALTH.NY.GOV

Ready, Set, Grow... with WIC



Special Supplemental Nutrition Program
for Women, Infants and Children

Find out if your family is eligible!

Who is Eligible?

- Pregnant women
- Mothers of babies up to 6 months old
- Mothers of breastfeeding babies up to 12 months old
- Infants and children up to their 5th birthday
- Fathers and caretakers can apply for their children

WIC Provides

Nutrition Advice

- Learn how to make healthier food choices and become more active
- Nutritionists help you plan healthy meals
- Talk with other parents for support

Breastfeeding Support

- Trained breastfeeding experts
- Other moms who are trained to give breastfeeding support
- Breast pumps for moms who need them
- Special foods for moms who breastfeed
- Visit: breastfeedingpartners.org

Nutritious Foods

- Milk, cheese, yogurt, fresh vegetables and fruits, 100% juice, whole-grain pasta, rice, bread, cereal, formula, eggs, baby food and more

Referrals to other services

- Breastfeeding experts
- Well baby and child care
- Medicaid
- Temporary Assistance for Needy Families (TANF)
- Supplemental Nutrition Assistance Program (SNAP)
- Family planning
- Head Start
- Domestic violence
- Stop smoking
- Vaccinations
- Prenatal care
- Substance use
- Cancer prevention

To Qualify for WIC You Must:

- Live in New York State
- Meet rules on income limits or get benefits from Medicaid, SNAP, or TANF
- Have a dietary need



Working Families Qualify

- Working families and individuals may qualify for WIC if they meet income requirements or if they are actively participating in Medicaid, SNAP, or TANF
- Income limits may increase each year
- Visit: www.health.ny.gov/prevention/nutrition/wic/income_guidelines.htm to see if your family can qualify

You Can Receive WIC Even If:

- You are not a US citizen
- You or other household members are working

WIC and Children

- WIC food packages are designed to promote healthy weights
- Studies show that children who are in WIC do better in school
- Mothers who are in WIC are more likely to have babies with a healthy birthweight