

# What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a public health nutrition program that helps ensure mothers and children stay healthy.

## WIC provides:

- Individualized quality nutrition education and services
- Breastfeeding support and education
- Nutritious foods each month
- Referrals to community and health care programs

## In New York State:

- WIC serves about half a million women, infants and children every month
- Almost half of all babies born receive nutrition services from WIC
- WIC is a statewide network of local agency service providers

## For More Information:

- [breastfeedingpartners.org](http://breastfeedingpartners.org)
- [health.ny.gov/wic](http://health.ny.gov/wic)
- 1-800-522-5006

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