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 to 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

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Persons with disabilities who require alternative means of communication for program information (Braille, large print, audiotape, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 1-800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 1-866-632-9992. Submit your completed form or letter 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;

(2) Fax: 1-202-690-7442; or

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

For other complaints contact:

(1) Mail: WIC Program Director NYSDOH, Riverview Center Room 650, 150 Broadway, Albany, NY 12204; or

(2) Phone: The Growing Up Healthy Hotline at 1-800-522-5006; or

(3) Email: NYSWIC@health.ny.gov

NEW YORK STATE | WIC Program

4081 3/16

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 abuse
- 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

- In 2015, a working family of four with a yearly income of $44,863 could qualify for WIC
- 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