

What Does WIC Give You?

Checks

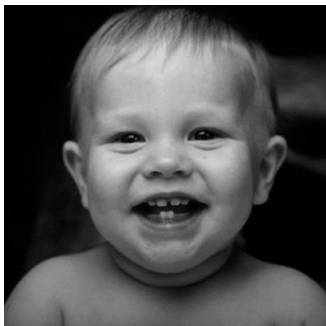
every month to buy the WIC foods you or your children need. Formula checks alone can save you over \$100 each month!

Ideas

on how to prepare healthy and tasty meals for your family.

Help

in getting other health care services you might need.



**WIC can help you
get the food you need
when you need it most!**

There is a WIC Clinic near your home!

We go to:

- LaFayette
- Camillus
- East Syracuse
- Liverpool
- Onondaga Nation
- Syracuse

**Call us today!
435-3304**



Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.

Onondaga County Health Department



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Is WIC For You?

**Are you pregnant or
breastfeeding?**

■

**Do you have a child
under age five?**

■

**WIC may be for you!
It's easy to apply.**

**Call us today!
435-3304**



A nutrition program for
Women Infants and Children

WIC provides...free, healthy foods for pregnant or breastfeeding women and children under the age of five.

WIC Foods

Milk and Cheese
Whole Grain Bread
Brown Rice
Fruits and Vegetables
Eggs
Juice
Cereal (Adult and Infant)
Peanut Butter
Beans (Dry)
Tofu (for Women)
Canned Fish
Jarred Baby Food
Infant Formula



It's easy to apply and many working families qualify:

Family Size:	Annual Income:	Monthly Income:	Weekly Income:
1	\$21,590	\$1,800	\$416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138
7	66,656	5,555	1,282
8	74,167	6,181	1,427

For each additional family member, add:

+ +\$7,511 +\$626 \$145

*These income eligibility guidelines effective through 6-30-15

At WIC, you will also learn how to:

- Eat healthy during pregnancy
- Breastfeed your baby
- Feed your child
- Feed a child who is a picky eater
- Lose weight after having your baby
- Make your food dollar stretch
- Plan healthy meals for your family



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