

## What Does WIC Give You?

### eWIC Card

to buy the WIC foods you or your children need. You can save \$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's a WIC Clinic near your home!

We go to:

- LaFayette
- Camillus
- Liverpool
- Onondaga Nation
- Syracuse (Gifford Street)
- Syracuse (Destiny Christian Center, Turtle Street)

**Call us today!**  
**315-435-3304**



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Healthy Families Division  
WIC Program

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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](mailto:NYSWIC@HEALTH.NY.GOV)

## Is WIC For You?

**Are you pregnant or  
breastfeeding?**



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



**WIC may be for you!**



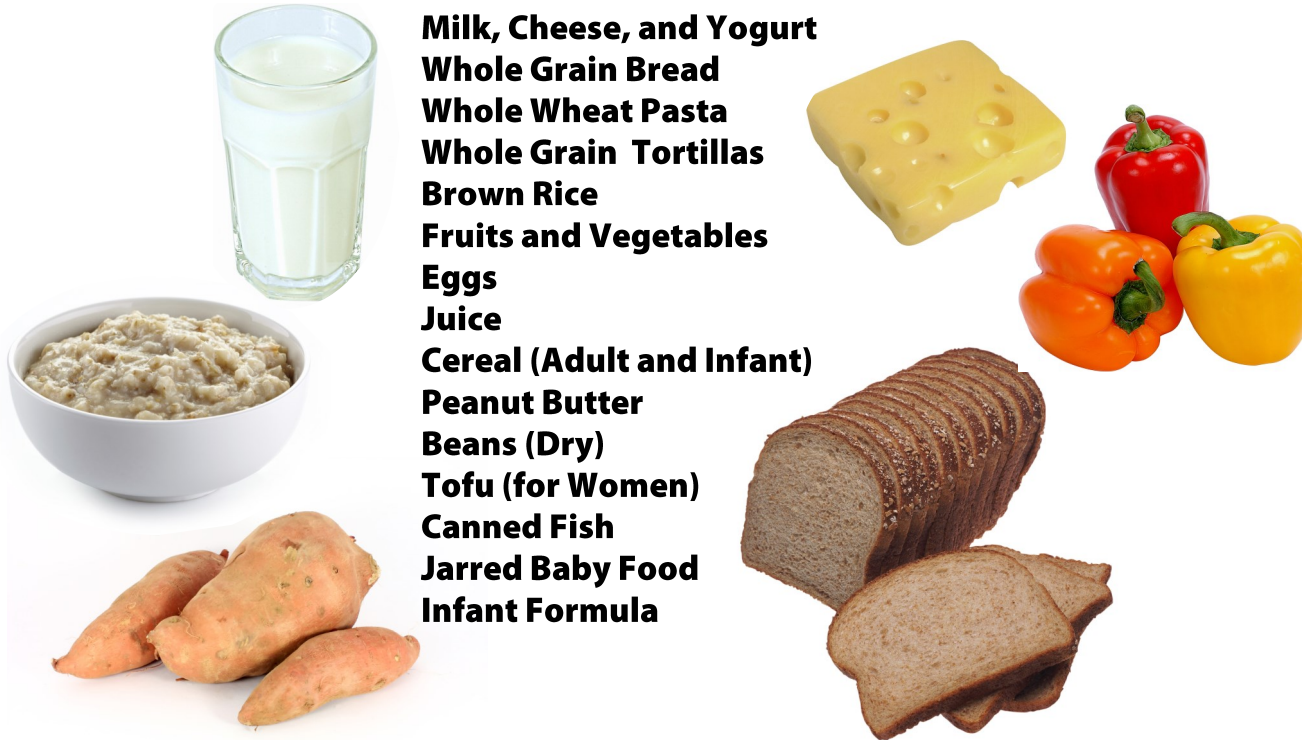
**Call us today!**  
**315-435-3304**

**A nutrition program for  
Women Infants and Children**

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

## WIC Foods

**Milk, Cheese, and Yogurt**  
**Whole Grain Bread**  
**Whole Wheat Pasta**  
**Whole Grain Tortillas**  
**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	\$23,107	\$1,926	\$445
2	31,284	2,607	602
3	39,461	3,289	759
4	47,638	3,970	917
5	55,815	4,652	1,074
6	63,992	5,333	1,231
7	72,169	6,015	1,388
8	80,346	6,696	1,546
For each additional family member, add:			
+	+\$8,177	+\$682	+\$158

\*These income eligibility guidelines effective 6-1-2019

## 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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