

**Ready,**

**Set,**

**Grow!**

with **WIC**

WIC provides healthy food, nutrition education, breastfeeding support, and referrals to other helpful services to those who are pregnant, new moms, infants, and kids under 5.

Dads, grandparents, and other caregivers can apply for WIC for children in their care. Working families and non-U.S. citizens can qualify, too.

To get WIC, you and/or your child must:

- Meet age and other eligibility requirements.
- Live in New York State.
- Have an income below a certain amount or get benefits from Medicaid, SNAP or TANF.

WIC improves lifetime health for women, their infants, and young children. WIC may be able to help you and your child!

### **How to apply for WIC**

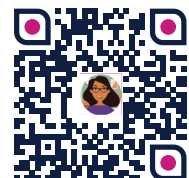
To apply for WIC, make an appointment with your local WIC Office. WIC staff will help you understand the program and if you are eligible, you can have benefits right away! All information you share is confidential.



Hi, I'm Wanda.  
I can help you  
learn about  
**WIC.**

Wanda is WIC's 24/7 virtual assistant. Chat with her online—in less than 3 minutes, you can learn if you might qualify for WIC and get connected to your local WIC Office. Scan the QR code below or visit [WICHelpNY.org](http://WICHelpNY.org) to chat with her now!

Scan to chat  
with Wanda!



## Your first WIC Office appointment

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You will need to provide:

- ✓ **Proof of identity for you and any child up to age 5**  
like a birth certificate, driver's license, school ID card, or healthcare provider record.
- ✓ **Proof of income**  
like paystubs, SNAP or TANF letters, Medicaid cards, or tax returns.
- ✓ **Proof of address**  
like a rent or mortgage document, utility or cell phone bill, paystub, or a letter from a shelter.

WIC Offices accept these and many more documents as "proof."

If you are eligible for WIC, you will get:

- A health and nutrition assessment for each qualifying member of your family.
- Nutrition counseling focused on your needs and concerns.
- An eWIC benefit card and a list of foods you can buy with it.
- Breastfeeding information and support for those interested.
- Referrals to other programs and services.



↑ the eWIC card

## Learn more and find your local WIC Office

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with Wanda!

Chat with Wanda to learn more and find your local WIC Office, or visit **WICHelpNY.org**

You can also call 1-800-522-5006 for help with WIC in English, Spanish or other languages.



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