Information on other programs:

Find a WIC clinic near you
**health.ny.gov/prevention/nutrition/
wic/how_to_apply**
or call the Growing Up Healthy Hotline
(800) 522-5006
The Hotline can also provide information
on Child Health Plus and Medicaid.

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(800) 342-3009
- SNAP/Food Stamps
- Temporary Assistance to
  Needy Families (TANF)
- Home Energy Assistance
  Program (HEAP)

....

(800) 865-5542
- School Meals
- Summer Food Service Program

....

(866) 348-6479
- National Hunger Hotline

For New York City Only

(212) 230-1111
Women's Health Line

3-1-1
Early Intervention Program

**health.ny.gov/prevention/nutrition/wic/
breastfeedingpartners.org
mybenefits.gov
facebook.com/NYSDOH
twitter.com/HealthNYGov
youtube.com/nysdoh**

USDA Nondiscrimination Statement

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U.S. Department of Agriculture policy, this
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Washington, DC 20250-9410, or call
toll-free at (866) 632-9992 (Voice).
Individuals who are hearing impaired
or have speech disabilities may contact
USDA through the Federal Relay Service at
(800) 877-8339; or (800) 845-6136 (Spanish).
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New York State
Nondiscrimination Statement

New York State prohibits discrimination
based on creed, marital status and sexual
orientation.

Persons who believe they have been
discriminated against based on the
New York State Human Rights Law should
call the Growing Up Healthy Hotline
at (800) 522-5006, or write to the
WIC Program Director, NYSDOH,
Riverview Center, 6th Floor West, Room 650,
150 Broadway, Albany NY 12204.

New York State

WIC

Together Growing Stronger Families

WIC is a supplemental nutrition
program that provides food and
services free of charge to eligible
women, infants and children.

Who is Eligible?

- Any pregnant woman
- Mothers of babies up to 6 months old
- Mothers breastfeeding babies up to 12 months old
- Infants and children up to their 5th birthday

WIC Provides

Nutrition Assessment and Education

- Learn how to live healthier by eating better and being physically active
- Nutritionists provide individualized nutrition guidance to meet your goals
- Support from other parents through group discussions

Breastfeeding counseling and support services

- Mom to mom breastfeeding support from peer counselors
- Breastfeeding counseling by a breastfeeding specialist
- Breast pumps available to moms that need them
- Special foods for breastfeeding moms for 6 months or longer
- Breastfeeding information online at **breastfeedingpartners.org**

Monthly checks for nutritious foods

- Milk, cheese, cereal, vegetables, fruits, 100% juice, whole grain bread, formula, eggs, baby food and more

Federal WIC Income Eligibility Guidelines

Effective through June 30, 2013. Gross income before taxes must fall at or below these amounts.

Household Size	Gross Income				
	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	$20,665	$1,723	$862	$795	$398
2	$27,991	$2,333	$1,167	$1,077	$539
3	$35,317	$2,944	$1,472	$1,359	$680
4	$42,643	$3,554	$1,777	$1,641	$821
5	$49,969	$4,165	$2,083	$1,922	$961
6	$57,295	$4,775	$2,388	$2,204	$1,102
7	$64,621	$5,386	$2,693	$2,486	$1,243
8	$71,947	$5,996	$2,998	$2,768	$1,384
For Each Additional Member Add:	+$7,326	+$611	+$306	+$282	+$141

Anyone who receives Food Stamps, TANF or Medicaid is income eligible for WIC.

Referrals to other services

- Lactation specialist
- Well baby and child care
- Medicaid
- Temporary Assistance to Needy Families (TANF)
- Supplemental Nutrition Assistance Program (SNAP)/Food Stamps
- Family planning
- Head Start
- Domestic violence services

To qualify for WIC you must:

- Live in New York State
- Meet household income guidelines set by the federal government
- Have a nutritional need

You can receive WIC even if:

- You are not a legal resident
- You are not a US citizen
- You or other household members are working