

District Office 250 Broadway, Suite 2301 New York, NY 10007 212-312-1400

Carl E. Heastie

Speaker of the Assembly

Sincerely,

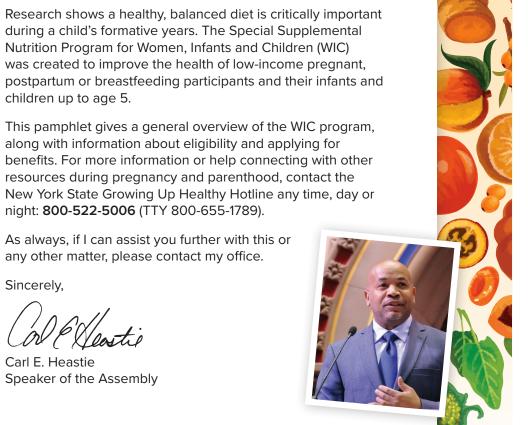
Dear Friend,

children up to age 5.

night: 800-522-5006 (TTY 800-655-1789).

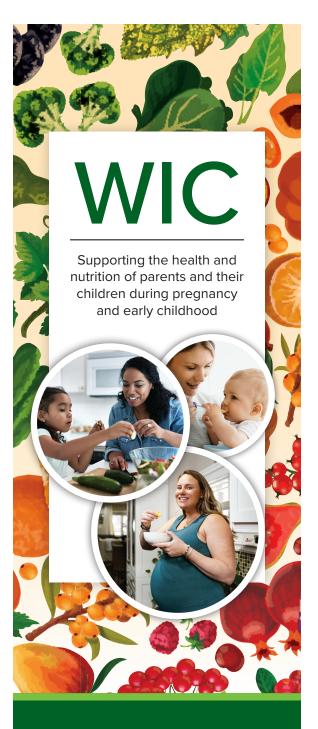
any other matter, please contact my office.

speaker@nyassembly.gov • www.nyassembly.gov



Legislative Office Room 932 LOB Albany, NY 12248 518-455-3791

New York State Assembly, Albany, NY 12248



Courtesy of Speaker of the Assembly Carl E. Heastie

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## What is the WIC program?

WIC is a supplemental food program funded by New York State and the federal government that provides nutritious foods such as milk, cheese, yogurt, fresh vegetables and fruits, 100% juice, whole-grain pasta, rice, bread, cereal, formula, eggs, baby food and other items to eligible participants as part of a three-month "food package." Participants purchase the food packages at retail establishments with redeemable food eWIC cards similar to a debit card.

The WIC program also provides breastfeeding/chestfeeding support and participant-centered nutritional education.

#### Why apply?

The foods provided through WIC are a good source of essential nutrients often missing from the diets of pregnant and postpartum individuals and young children. According to the New York State Department of Health, WIC participants are more likely to have babies with a healthy birth weight, and children in WIC are more likely to do better in school.



### Who is eligible for WIC?

You are eligible to apply to the WIC program if you are:

- Pregnant.
- Up to 6 months postpartum (or up to 12 months postpartum if you are breastfeeding/chestfeeding).
- An infant or child up to age 5.

Either parent, as well as caretakers like grandparents or foster parents, are able to apply for an infant or child in their care.

#### You must:

- Reside in New York State. You do not need to be a U.S. citizen.
- Be receiving benefits from Medicaid, Temporary Assistance for Needy Families (TANF) or Supplemental Nutrition Assistance Program (SNAP) or meet the current income guidelines.
- Have a nutrition need.

See the current income guidelines and check if you qualify at health.ny.gov/ prevention/nutrition/wic/eligibility.htm.

# How do I apply for WIC benefits?

You can apply for WIC benefits through your local WIC agency. To find your local WIC agency, visit health.ny.gov/prevention/nutrition/ wic/local\_agencies.htm or call the Growing Up Healthy Hotline, available 24 hours a day, 7 days a week: 800-522-5006 (TTY 800-655-1789).