

## What is WIC?

WIC is a special supplemental food program funded by the U.S. Department of Agriculture. The program is for pregnant, breastfeeding and postpartum women, infants and children up to age 5, who are at nutritional risk and have limited income.

## Why WIC?

Studies show a definite relationship between diet and the health and development of young children. An adequate diet is especially important during pregnancy and infancy, when the child's body and brain are growing most rapidly. WIC can help you provide your child with the healthiest possible start in life.

## WIC Provides:



1. Vouchers that can be redeemed at grocery stores and farmers markets for nutritious supplemental foods.
2. Nutrition education and guidance to help develop eating patterns for healthy growth.
3. Health screening and referrals.
4. Support to breastfeeding mothers.

Let  
**WIC**  
help you give your  
family a  
healthy start.

**WIC Program**  
**Hometown Health Center**  
**1044 State Street**  
**(state Street Entrance**  
**Schenectady, NY 12307**

**Call 346-8818**

WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, sex, age or disability, should write to the Secretary of Agriculture, USDA, Washington, DC, 20250. New York State also prohibits discrimination based on creed and marital status. 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 1-800-522-5006, or write to the WIC Program Director, New York State Department of Health, Albany, NY 12223. Funding provided by NYS Department of Health and USDA/FNS through the Schenectady County Public Health Department.

Cornell Cooperative Extension, Schenectady County  
provides equal program and employment  
opportunities.

**Women, Infant &  
Children  
Supplemental  
Food Program**

**Growing Up  
Healthy**



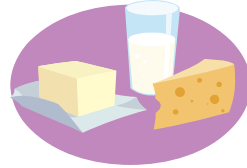
**Cornell Cooperative Extension,  
Schenectady County**

## **WIC provides free nutrition education and healthy foods for qualified pregnant, postpartum and breastfeeding women and for children under age 5.**

WIC provides vouchers that can be redeemed at grocery stores for some of the foods you and your children need every day for good health. The foods you can get from WIC are:

### **Milk and Cheese**

for calcium and vitamins A and D, to build strong bones and teeth.



### **Whole Grain Cereal, Bread and Rice**

to provide essential nutrients and fiber.



### **Canned Beans, Dried Beans & Peas and Peanut Butter**

for protein, to help build a strong body.



### **Eggs and Tofu**

for protein, iron and Vitamin A, to help build and repair body cells.



### **Fruits & Vegetables and 100% Fruit Juices**

Providing essential vitamins, minerals and antioxidants to maintain a strong immune system.



### **Enhanced Food Package for Breastfeeding Moms**

Providing the above foods plus canned fish



### **Iron-fortified Formula**

for babies who aren't breastfed; to help your baby grow strong.

*WIC also provides: support for breastfeeding women, nutrition education, and encourages regular medical care through referrals to physicians and social service agencies. The combination of nutritious food, nutrition education, and the regular health screening all add up to a healthy family.*

## **Am I eligible for WIC?**

To qualify for WIC, you must meet both the WIC income and nutritional guidelines.

### **Income Guidelines**

- If you are eligible for Medicaid, Food Stamps or SSI, you are income-eligible for WIC.
- Contact the WIC office or visit [www.cceschenectady.org](http://www.cceschenectady.org); guidelines change yearly.

### **Nutritional Guidelines**

Your nutritional status will be assessed at the WIC Clinic by a certified professional authority.

### **For Information**

For information on applying for WIC, call or stop in at the office located at:

**Cornell Cooperative Extension,  
Schenectady County  
WIC Program  
1044 State Street  
Schenectady, NY 12307  
(518) 346-8818**