

Ready,

Set,

Grow!

with
WIC



You are giving her the best start possible.
WIC can support you both.

WIC has breastfeeding experts, including other moms, who can help you meet your breastfeeding goals. WIC also provides healthy food for you and your baby.

To learn more and find your local WIC Office, chat with Wanda, WIC's 24/7 virtual assistant. Scan the QR code to chat now, or visit WICHelpNY.org for more information.

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



Scan to chat
with Wanda!