



Ready,

Set,

Grow!

with
WIC

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

Eating well during pregnancy makes a big difference for you and your growing baby. WIC helps you buy healthy food and offers nutrition advice, breastfeeding support, and other services to help your baby grow healthy and strong.

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!



8/2022. Funded by NYSDOH and USDA/FNS.
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WICHelpNY.org