

# Women, Infants & Children (WIC)



*Healthy Families Start Here!*

*Learn how  
WIC improves  
the health  
and nutrition  
of mothers  
and children*

- WIC is for women who are pregnant, postpartum, or breastfeeding.
- WIC is also for infants and children up to the age of 5.
- WIC provides breastfeeding support, referrals, food benefits, and nutritional advice and guidance.
- Families can participate in WIC if they are New York state residents meeting income eligibility guidelines.



*Apply for WIC . . . . .*

**(518) 272-6159**  
**ceoempowers.org**



*This institution is an equal opportunity provider.*