



## ARE YOU ELIGIBLE FOR WIC?

Women, Infants, and Children (WIC) Program

### WHAT IS WIC?

**The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutrition education, breastfeeding support, and an eWIC card to purchase nutritious foods for low-income families with young children.**

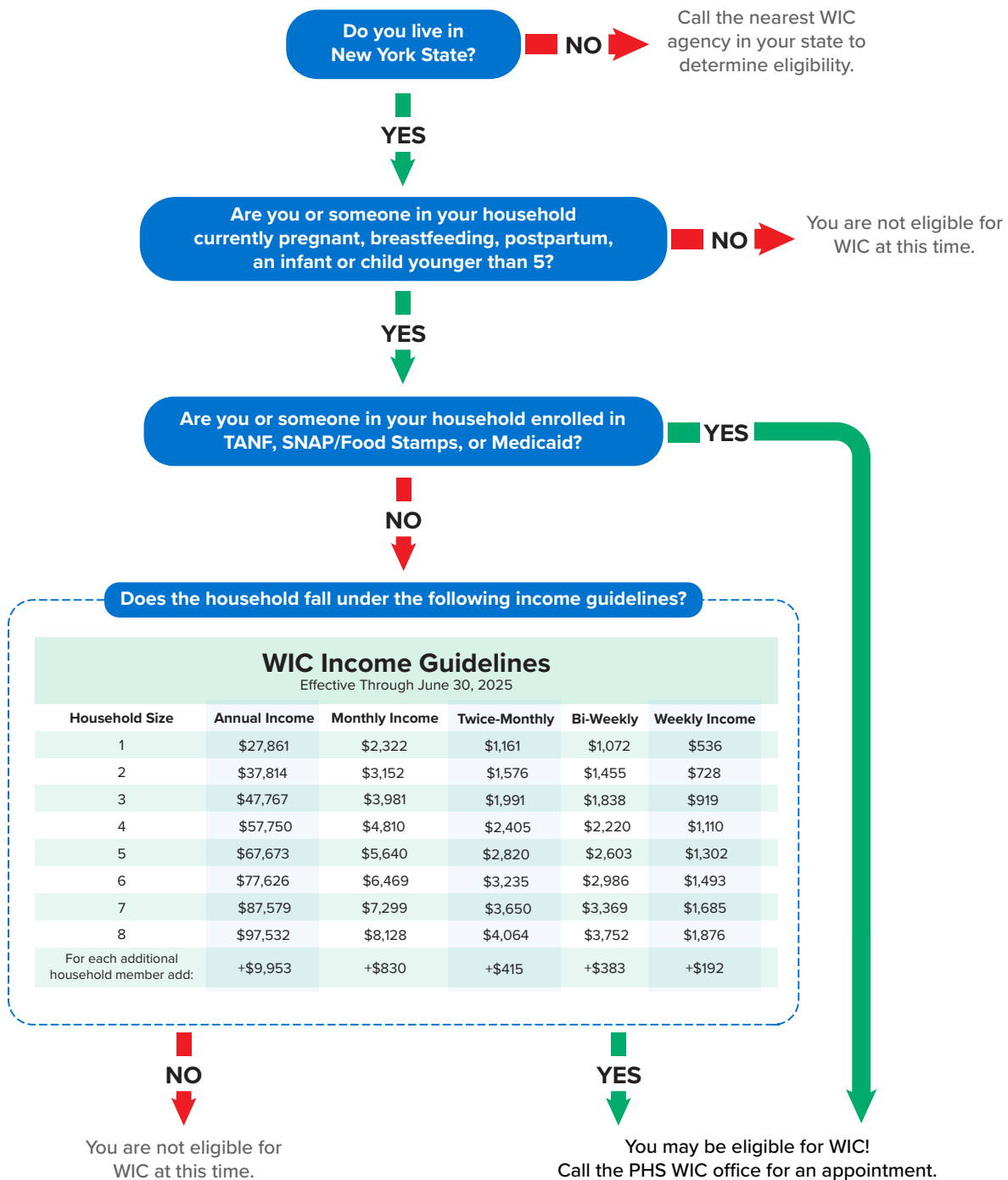
Public Health Solutions (PHS) helps over 35,000 eligible pregnant and nursing women and children up to five years of age to enroll in the New York State WIC program each year. PHS provides nutrition education sessions led by WIC nutritionists on healthy eating and physical activity, breastfeeding support, and eWIC cards to purchase nutritious foods. We also make referrals to other services including SNAP and health insurance (co-located at many of our sites), medical and dental providers, child care, and other needed services.

PHS administers the Neighborhood WIC Program under contract with the New York State Department of Health. This institution is an equal opportunity provider.

### ELIGIBILITY CRITERIA

- You are pregnant, have given birth within the past 6 months, or are breastfeeding an infant up to one year old
- You are an infant or child under 5 years of age
- You reside in New York State
- You are enrolled in TANF, SNAP or Medicaid, or meet certain income requirements (see next page)

## DO YOU QUALIFY?



## NEXT STEPS

To find a PHS WIC location near you, please visit our website at [healthsolutions.org/wic](https://healthsolutions.org/wic) to view specific contact information for our WIC centers.