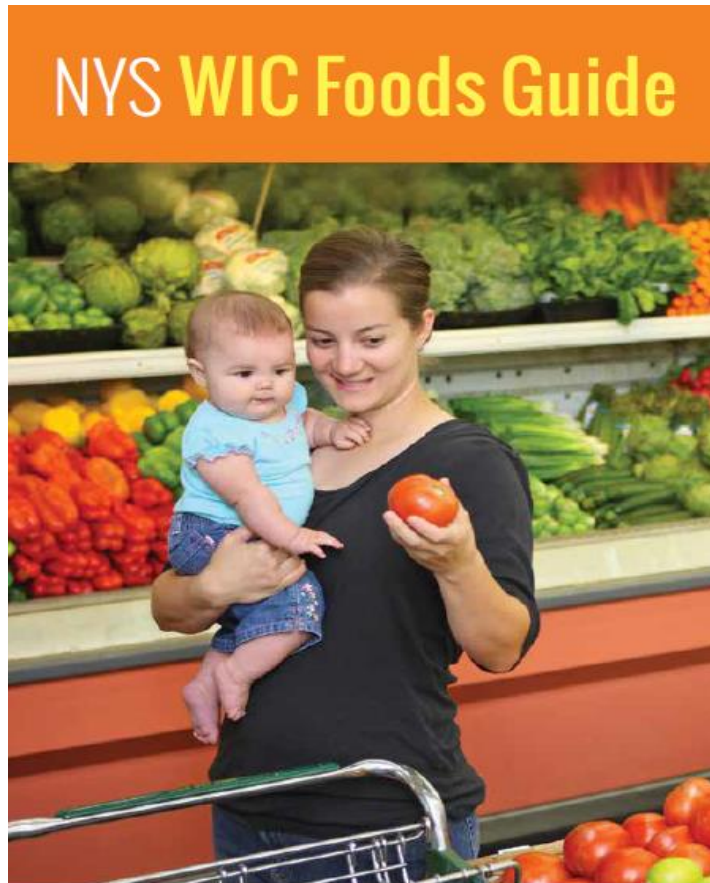


# The NYS WIC Program Presents...

## The NYS WIC Foods Guide

*"The purpose of this guide is to help make shopping for WIC foods easier"*



### NYS WIC Foods Guide Includes:

- A folder to insert checks
- Tips to ensure a successful shopping experience
- Color coded food categories
- Images of WIC allowable food items
- Lists of non-allowable food items
- Breastfeeding Tips
- Frequently asked questions
- Shopping Checklist
- NYS WIC Contact Information

### Currently available at:

[https://www.health.ny.gov/prevention/nutrition/wic/info\\_for\\_vendors.htm](https://www.health.ny.gov/prevention/nutrition/wic/info_for_vendors.htm)



This guide will be available soon at WIC Local Agencies!

*This institution in an equal opportunity provider.*