

## ProAction Steuben WIC Program

Open Monday through Friday 8:30am to 4:30pm

For more information or questions please call us at 607-776-1151, option 2

The New York State WIC Program is a supplemental nutrition program for pregnant and postpartum women, infants, and children up to the age of 5 years.

[Click on a video or link below to view the information.](#)

These videos are available on YouTube, click the links below or search NYS WIC. The first video is a few years old but will give you an overview of the WIC program. WIC checks are no longer issued, they have been replaced with an eWIC card.



### New York State WIC - Together Growing Stronger Families

NYSDOH • 21K views • 7 years ago

Jane, a NYS WIC recipient, talks about the benefits of the New York State Women, Infants and Children (WIC) program. WIC is a ...

CC

10:55



### Shopping with eWIC - ENGLISH

NYSDOH • 14K views • 1 year ago

New York State WIC A new way to shop! Welcome to the WIC electronic benefits card – known as eWIC! You will access your WIC ...

### eWIC Shopper Training

NYSDOH • 1.5K views • 12 months ago

Educational video for how to use an eWIC card and other WIC resources to redeem WIC benefits in New York State. For more ...

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14:50

**WIC2GO** is a smart phone app designed to make shopping easier for NYS WIC participants.

The **app** can be used to find **WIC** clinics, **WIC** authorized stores, and to scan bar codes to find out if foods are **WIC** approved. To find out more about the WIC2GO app or to download click on your preferred app store **[WIC2Go on the App Store](#)** OR **[WIC2Go - Apps on Google Play](#)**

For a list of **NYS WIC Acceptable Foods**, click here **<https://www.health.ny.gov/publications/4099.pdf>**

For the **NYS WIC Acceptable Foods Card Supplement 2020**, click here **<https://www.wicstrong.com/wp-content/uploads/2020/04/NYS-WIC-Acceptable-Foods-Card-Supplement-2020-1.pdf>**

For a picture guide of **WIC** foods, click here **<https://www.health.ny.gov/publications/3791.pdf>**

Check out the **Foods & Formula** section and more on the **WIC Vendors In New York State** website, click here **<https://nyswicvendors.com/foods-formula/>**

### **Breastfeeding Resources:**

NYSDOH WIC Breastfeeding links, click here **<https://www.health.ny.gov/prevention/nutrition/wic/breastfeeding/>**

For information to build your breastfeeding knowledge and confidence, click here **<https://www.breastfeedingpartners.org/>**

**WIC Strong** can provide more insight on much of this information, to visit our WIC Strong website click here **<https://www.wicstrong.com/agency/proaction-of-steuben-yates-inc/>**

Thank you for your interest in ProAction Steuben WIC!

**<https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs>**