

What Does WIC Give You?

eWIC Card

to buy the WIC foods you or your children need. You can save \$100 each month!

Ideas

on how to prepare healthy and tasty meals for your family.

Help

in getting other health care services you might need.



WIC can help you get the food you need when you need it most!

There's a WIC Clinic near your home!

We go to:

- LaFayette
- Camillus
- Liverpool
- Onondaga Nation
- Syracuse (Gifford Street)
- Syracuse (Destiny Christian)

Call us today!
315-435-3304



www.facebook.com/OnondagaWIC/



ongovhealth
Onondaga County
Health Department

Healthy Families Division
WIC Program

ongovnet.health - facebook.com/ongovhealth

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Is WIC For You?

Are you pregnant or breastfeeding?



Do you have a child under age five?



WIC may be for you!



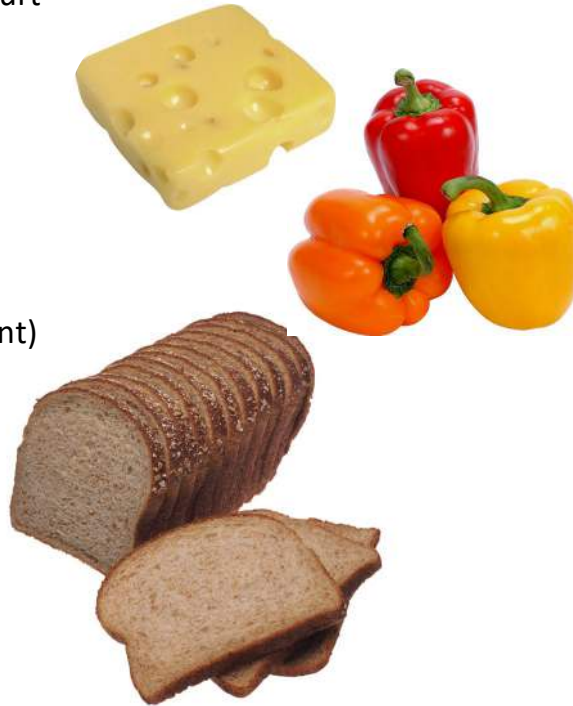
Call us today!
315-435-3304

A nutrition program for
Women Infants and

WIC provides... healthy foods for pregnant or breastfeeding women and children under the age of five.

WIC Foods

Milk, Cheese, and Yogurt
 Whole Grain Bread
 Whole Wheat Pasta
 Whole Grain Tortillas
 Brown Rice
 Fruits and Vegetables
 Eggs
 Juice
 Cereal (Adult and Infant)
 Peanut Butter
 Beans (Dry)
 Tofu (for Women)
 Canned Fish
 Jarred Baby Food
 Infant Formula



It's easy to apply
 and many working families
 qualify:

Family Size:	Annual Income:	Monthly Income:	Weekly Income:
1	\$23,606	\$1,968	\$454
2	\$31,894	\$2,658	\$614
3	\$40,182	\$3,349	\$773
4	\$48,470	\$4,040	\$933
5	\$56,758	\$4,730	\$1,092
6	\$65,046	\$5,421	\$1,251
7	\$73,334	\$6,112	\$1,411
8	\$81,622	\$6,802	\$1,570
For each additional family member, add:			
+	+\$8,288	+\$690	+\$159

*These income eligibility guidelines effective 6-1-2020

At WIC, you will also learn how to:



- Eat healthy during pregnancy
- Breastfeed your baby
- Feed your child
- Feed a child who is a picky eater
- Lose weight after having your baby
- Make your food dollar stretch
- Plan healthy meals for your family



Call us today!
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