

OPPORTUNITIES

WIC

A Product of the
Geneseo Migrant Center
27 Lackawanna Ave.
Mt. Morris, NY 14510

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- Are you pregnant?
- Are you nursing an infant?
- Do you have a child or children under 5 years old?

You may be able to get some help from WIC if you answered “yes” to any of those questions.

- Is there enough food in the house?
- Do you feel your family is eating good foods?

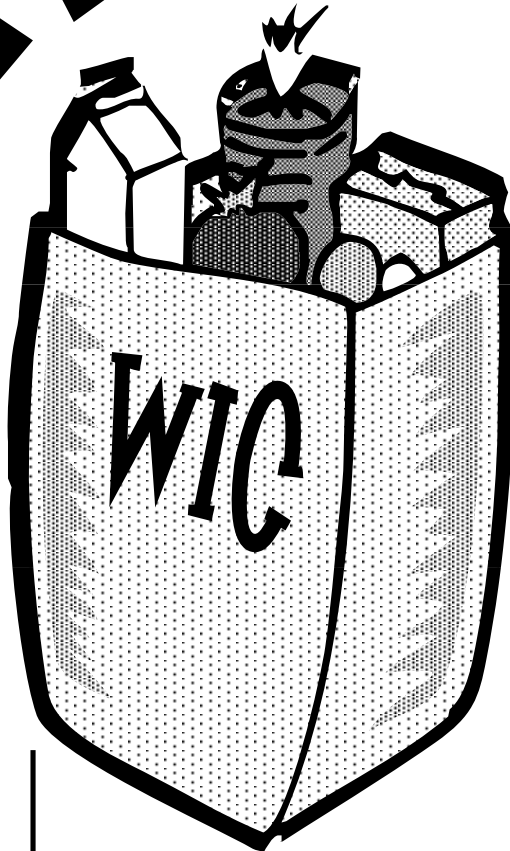
You may be able to get some help from WIC if you said “no” to one or both of those questions.

WIC stands for Women, Infants, and Children. It is a program that gives food to families who need help. You could get food if you are pregnant, breastfeeding or have just had a baby. You might also get food if you have a baby or a child under 5 years old. Your income must meet WIC rules.

If you meet all of the WIC rules, you will be given checks to buy certain kinds of food. Some of the foods you could

buy are milk, cheese, eggs, juice, cereal, and dried beans. WIC also buys formula and baby food. You can take these checks to certain grocery stores to buy the food.

The WIC program also has classes to help families. You can learn about what foods your family needs to stay healthy. You can learn about what foods you should buy. WIC can also give you information on how to help keep your family healthy.



Call your county
Department of
Health for more
information about
WIC. ■