

# Ulster County WIC Program Fact Sheet



## WIC Helps You and Your Family Eat Healthy and Stay Healthy!

By participating in the WIC program, you can make sure that you receive good nutrition, quality health services, and nutrition education to make you, your baby, and children grow up strong!

**WIC offers many benefits including nutritious food vouchers, health screenings, breastfeeding support and more. When you enroll in WIC, your counselor can help you with a variety of services including:**

- \* **Monthly Food Vouchers:** vouchers list the quantity and type of food items you can purchase at a store, such as cereal, dairy, juice, fruits, vegetables and infant formula.
- \* **Nutrition Education and Counseling:** talk with a nutrition educator or counselor for ways to eat smart.
- \* **Health Screening and Referrals:** make sure you, your baby and children are staying healthy with visits checking for growth, anemia, immunizations and a nutritional assessment.
- \* **The Farmers' Market Nutrition Program (FMNP):** receive additional food vouchers to buy fresh fruits and vegetables at participating farmers' markets.
- \* **Breastfeeding Promotion and Support:** learn more about the benefits of breastfeeding your baby and how to do it well.
- \* **Obesity Prevention/Healthy Lifestyles:** learn creative and fun ways to involve the whole family in increased physical activity and prevent childhood obesity.



### To qualify for WIC, you need to meet the following guidelines:

**Be a resident of New York State** (proof of US citizenship not required).

**Fit into one of the following categories:** a woman who is pregnant, woman breastfeeding up to 1 year post-partum, woman not breastfeeding up to 6 months post-partum, infant up to age 1 and/or child age 5 and younger.

**Be "at nutritional risk":** you must be certified as nutritionally "at risk" by a health professional such as a doctor, nurse or nutritionist. Speak to a counselor for details.

**Meet income eligibility guidelines:** your household must meet certain eligibility guidelines. If you receive food stamps, temporary assistance benefits, or Medicaid, you automatically qualify for WIC.



**To learn more and determine your eligibility  
contact the Ulster County WIC Program**

**845-340-3965**

**WIC is an equal opportunity provider**