What Does WIC Give You?

Savings
WIC benefits can help you save up to $100 or more each month on food.

Ideas
We can share easy, healthy, picky-eater-approved meal ideas.

Help
We can connect you with other programs that may help you and your family.



WIC That Works For You!

Phone or in person appointments

Times that work for your schedule

Language assistance available

Scan the QR code to view this brochure in your language

Escanee el código QR para ver este folleto en su idioma

امسح رمز الاستجابة السريعة (Quick Response, QR) لعرض هذا المنشور بلغتك

Changanua msimbo wa QR ili uangalie kijitabu hiki katika lugha yako

Iskaan garee koodhka QR si aad buug-yarahan ugu aragto luuqaddaada

ongovhealth Onondaga County Health Department | Healthy Families Division WIC Program

This institution is an equal opportunity provider.

WIC Can Help!

Are you pregnant or have you had a baby recently?

Are you the parent or primary caregiver for a child under 5?

You may be eligible for WIC!



It's Easy to Apply!

Text or call 315-435-3304
or scan the QR Code

WIC Offers

Nutrition Education • Breastfeeding Support •
Referrals to Community Resources • Healthy Foods

WIC Foods

- Fruits and vegetables
- Milk and plant-based beverages
- Cheese, yogurt, tofu
- Beans and nut butters
- Eggs
- Canned fish
- Cereal
- Whole grains (bread, tortillas, rice, pasta, oats, quinoa)
- Infant cereal and baby foods
- Infant formula





WIC Income Guidelines

If you participate in SNAP, TANF, Medicaid, the Essential Plan, or Head Start/Early Head Start, you automatically meet WIC income requirements.

Not enrolled in these programs?
Many families still qualify based on income.

Scan the QR code to check our income guidelines