

Is WIC for You?

Are you pregnant or breastfeeding?

Do you have a child under age five?

WIC may be for you!



How Can WIC Help You?

WIC provides nutrition education and healthy foods for pregnant or breastfeeding women and for children under the age of five. WIC gives you:

- **Checks** every month to buy the WIC foods you or your children need. Formula checks alone can save you over \$100 each month!
- **Ideas** on preparing healthy and tasty meals for your family.
- **Help** in getting other health care services you might need.

There is a WIC Clinic near your home!

WIC Clinics are at a location near you—we go to:

- LaFayette
- Camillus
- East Syracuse
- Liverpool
- Onondaga Nation
- Syracuse

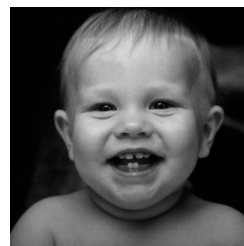
Many Working Families Qualify!

Family Size:	Annual Income:	Monthly Income:	Weekly Income:
1	\$21,590	\$1,800	\$416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138
7	66,656	5,555	1,282
8	74,167	6,181	1,427

For each additional family member, add:

+ +\$7,511 +\$626 \$145

*These income eligibility guidelines effective through 6-30-15



**Make the
call today!
435-3304**



Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.

Onondaga County Health Department



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