## WIC helps caregivers, too.

WIC helps children under age 5 with healthy food, nutrition advice and referrals to other services.

Grandparents, foster parents, fathers or other caregivers can apply for children who live with them.

Contact your local WIC Help NY Specialist for free and confidential help:

Prepared by a project of Hunger Solutions New York; funded by NYSDOH and USDA/FNS. This institution is an equal opportunity provider.