



Did You Know?

 **Breast milk is the BEST food for babies!**

Advantages of breastfeeding include:

- Costs less than formula
- Boosts baby's immune system
- Helps baby learn to swallow
- Breast milk is easy to digest
- Aids post-pregnancy weight loss

WIC Breastfeeding Peer Counseling Program

Peer counselors are local moms who can give support based on real life experience and answer questions about the process.

ceoempowers.org/WIC



This institution is an
Equal Opportunity Provider.



CEO's WIC Program

2328 Fifth Avenue | Troy, NY 12180
(518) 272-6012
ceoempowers.org



Women, Infants & Children



Learn how **WIC** improves the health
and nutrition of moms and kids!

WIC is a special supplemental nutrition program for **women, infants & children.**

WIC improves the health and development of pregnant women, new mothers, infants and children.



Who is Eligible? >>>

Families can participate in WIC if they are New York State residents and have a family income *less* than the WIC guidelines. Eligibility may be granted even without US citizenship.

Refer to income guideline shown here. >>>

Families can **automatically qualify** for WIC if they receive...

- Medicaid
- TANF
- SNAP Benefits

What does WIC offer?

WIC is for women who are pregnant, postpartum, or breastfeeding. WIC is also for infants and children up to the age of 5 who are at nutritional risk. Foster children may be eligible for WIC.

- Milk
- 100% Juice
- Cheese
- Cereal
- Eggs
- Whole Grains
- Fruits & Veggies
- Peanut Butter
- Beans
- Infant Formula

Income Guidelines

Size of Household	Monthly Income	Weekly Income
1	\$2,248	\$519
2	\$3,041	\$702
3	\$3,833	\$885
4	\$4,625	\$1,068
5	\$5,418	\$1,251
6	\$6,210	\$1,434
7	\$7,003	\$1,616
8	\$7,795	\$1,799
For Each Additional:	+ \$793	+ \$183

Income guidelines are assessed annually and may change.

Scan QR Code for the most up-to-date guidelines.



To check eligibility & begin enrollment, call us at (518) 272-6159 and speak with a WIC staff member today!