

## **Catholic Charities' WIC may be able to help you!**

**W**omen **I**nfants, and **C**hildren is a supplemental food program that provides the following at no cost:

- healthy foods
- nutrition education and counseling
- breastfeeding support
- referrals to health care and social services

**Some Foods include:  
FREE**

**Milk \* Evaporated Milk \* Cheeses \* Eggs \* Fruit Juices \* Peanut Butter \*  
Iron Fortified Cereal \* Infant Formula \* Infant Juice \* Infant Cereal\***

### **Who is eligible for WIC?**

- \* Low-income pregnant, postpartum or breastfeeding women
- \* Infants and children up to age five who are at nutrition risk

**If you're interested in applying for WIC call Catholic Charities at  
516-733-7000  
for a screening appointment.**

WIC is an equal opportunity program. In accordance with federal law and U.S. Department of Agriculture policy, this intuition is prohibited from discriminating on basis of race, color, national origin's, age or disability.

Coming soon to  
38 St. John's Place, Freeport NY  
Catholic Charities will be opening a new WIC office.