

# Breastfeeding



## Did you know?


Breast milk is the best food for babies!  
Some advantages of breastfeeding include:

- Costs less than buying formula
- Boosts an infant's immune system
- Helps a nursing baby learn to swallow
- Breast milk is easy to digest
- Helps speed the loss of weight gained by a mother during pregnancy

Did you know that WIC offers a breastfeeding peer counseling program? Counselors are local moms who can give support based on real life experience and answer questions about the process.

*Want to know more?*

CEO's WIC Program  
(518) 272-6159  
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About  
CEO

CEO creates partnerships and develops opportunities for social and economic growth and empowerment in individuals, families and communities.



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*Changing lives,*



*improving our community.*

*WIC offers comprehensive nutrition support to help moms, children, and families live happier, healthier lives.*



## WIC Women, Infants and Children

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

### CEO's WIC Program

2328 Fifth Avenue, Troy, NY 12180 • (518) 272-6159  
[www.ceoempowers.org](http://www.ceoempowers.org)

# Healthy choices, healthy families.



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

WIC has been shown to improve the health and development of pregnant women, new mothers, their infants and children.

## Who is WIC for?

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.



## What does WIC offer?

WIC provides breastfeeding support, referrals, food benefits, and nutritional advice and guidance.

WIC also provides families with healthy food such as:

- Milk
- 100% Juice
- Cheese
- Cereal
- Eggs
- Whole grains
- Fruits and vegetables
- Peanut butter
- Beans
- Infant formula

## Who can participate in WIC?

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

Families can automatically qualify if they receive:

- Medicaid
- SNAP benefits/ food stamps
- TANF

## Income Eligibility Guidelines

HOUSEHOLD SIZE	MONTHLY	WEEKLY
1	\$1,986	\$459
2	\$2,686	\$620
3	\$3,386	\$782
4	\$4,086	\$943
5	\$4,786	\$1,105
6	\$5,486	\$1,266
7	\$6,186	\$1,428
8	\$6,886	\$1,589
<i>For each additional member, add:</i>	<i>+\$700</i>	<i>+\$162</i>

## How to apply for WIC:

To find out if you are eligible, and to begin enrollment, call us at (518) 272-6159 to speak with a WIC staff member.

Our main office is located in Troy at 2328 Fifth Avenue in CEO's Community Resource Center.

