

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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 [Facebook.com/CEOWIC](https://www.facebook.com/CEOWIC)

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
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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>

*Income guidelines are assessed annually. For the most up-to-date income guidelines please visit www.health.ny.gov/prevention/nutrition/wic/income_guidelines

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.

