



The WIC Program

Women, Infants, and Children

Do you need help purchasing healthy food for you or your young children?

WIC is a federally funded supplemental food and nutrition education program for women, infants and children. Women that are pregnant, breastfeeding or up to 6 months postpartum, as well as infants and children up to the age of five can qualify.

At WIC clinics, each participant is issued a set of checks listing certain foods for the current month. The checks are redeemed at local stores which accept WIC checks. By providing some of the foods needed daily for good health, WIC can help you stretch your food budget.

Nutritionists at the WIC clinic can help you plan healthy meals for your family. They can also advise you on infant feeding, children's diet needs, and the nutritional needs of pregnant and breastfeeding women.

WIC is an Oswego County Opportunities, Inc. program – please contact OCO about this program for more information. The website below contains links to **WIC Income Eligibility Guidelines** and **WIC Clinic locations in Oswego County**.

Phone:

(315) 343-1311 or 1-888-730-3803

Fax:

(315) 343-9504

Oswego County Opportunities, Inc.
WIC Program
10 George Street
Oswego, NY 13126

<http://www.oco.org/health-services/wic>