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Steps to Get WIC Your Way

Contact WIC and schedule an appointment...

1



Prepare for your appointment and show up—even if you don't have all of your documents yet.

2

Receive your eWIC benefits card and up to \$104 for a caregiver and 2 children + eggs & milk!

5



4

Meet with a nutritionist and authorize your benefits.



Attend your certification meeting.

3

Get WIC Your Way.

UB UNITED FOR BROWNSVILLE
WIC EQUITY INITIATIVE

(347) 295-0944
info@unitedforbrownsville.org
519 Rockaway Ave, Brooklyn



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Ways WIC Is More Than Baby Formula

Food for babies... and kids too!

- **Monthly benefits for food**—milk, eggs, fruits, veggies, whole grains, and baby formula
- **Farmers Market Nutrition Program (FMNP)** for FRESH produce straight from local farms
- **Special food packages** for breastfeeding parents

Healthcare & Nutrition

- **Education and counseling** for healthy eating habits
- **Growth and health screenings** for infants and children

Breastfeeding Support

- **1-on-1 breastfeeding classes**
- **Lactation consultants** and peer counseling
- **FREE breast pumps** for eligible parents

We Can Help Connect You to...

- **Medicaid** and pediatric and maternal healthcare services
- **Immunization programs**
- **Early childhood education** programs like Head Start
- **SNAP** (Supplemental Nutrition Assistance Program)
- **Domestic violence support**

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