

WIC offers clinic sites in the following communities:

Cherry Valley

Cooperstown

Oneonta

Richfield Springs

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities

“Thank you so much for all your help in my baby’s first year. Everyone was always so nice and helpful.”

www.foinc.org



Opportunities For Otsego  
3 West Broadway  
Oneonta, NY 13820  
www.foinc.org

This program is funded in part by:  
New York State Department of Health

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New York State prohibits discrimination based on creed, marital status and sexual orientation. Persons who believe they have been discriminated against based on the New York State Human Rights Law should call the Growing Up Healthy Hotline at 1-800-522-5006, or write to the WIC Program Director, NYSDOH, Riverview Center, 6th Floor West, Room 650, 150 Broadway, Albany NY 12204.

For more information contact OFO at:

607.433.8071 or  
800.986.5463

Monday – Friday  
8:00 AM – 5:00 PM

# Women, Infants & Children



607.433.8071 | 800.986.5463  
Special Supplemental Nutrition Program for  
Women, Infants and Children



## What Is WIC?

WIC is a nutrition education program that provides supplemental food to promote good health for pregnant, breastfeeding and postpartum women, and children up to the age of five.

## Who Is Eligible?

### Pregnant Women

**Non-breastfeeding mothers of infants up to 6 months of age**

**Breastfeeding mothers of infants up to one year of age**

**Infants from birth up to age one**

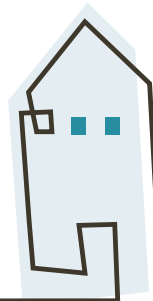
**Children up to age five**

*Fathers and other responsible care givers may apply on behalf of a child.*

### Applicants must also:

- Be a New York State resident
- Meet income guidelines or show proof of participation in Medicaid, TANF, or Food Stamps.
- Have a nutritional or health reason to qualify for WIC

*To determine the nutritional risk that qualifies you or your child for WIC we will talk about your diet, weigh and measure you or your child, and do a simple finger prick blood test for anemia. This health and nutrition assessment is free.*



## What Does WIC Provide?

WIC provides nutritious foods at no cost to your family. The standard WIC food package includes:

- Milk or Calcium Set Tofu, Soy Milk, Lactose-free or Reduced Milk
- Peanut Butter or Dry/Canned Peas or Beans
- Whole Grain Bread/Cereal or Brown Rice, Soft Corn or Whole Grain Tortillas, or Bulgur
- Infant Formula and Jarred Baby Food
- Canned Tuna, Salmon, Sardines, or Mackerel for Breastfeeding Women
- Vegetables and Fruit
- Cheese
- Eggs

## WIC Also Offers...

### Nutrition Education

- Individual and small group discussions with a nutritionist
- Monthly newsletters with nutrition information and recipes

### Support to Breastfeeding Mothers

- 24-Hour access to Breastfeeding Peer Counselors
- Breast pump loaner program
- Breastfeeding-friendly clinic sites

### Farmer's Market Coupons

Farmers' Market Coupons are available seasonally to purchase fresh fruits and vegetables at approved Farmers' Markets.

### Information and Referrals

- Referrals to health care and insurance programs
- Information on community programs that may be helpful to your family

## Three Ways to Apply!

- 1 Stop by our Main Office
- 2 Download An Application On-line
- 3 Call Us At:

**607.433.8071**  
**800.986.5463**

## We will:

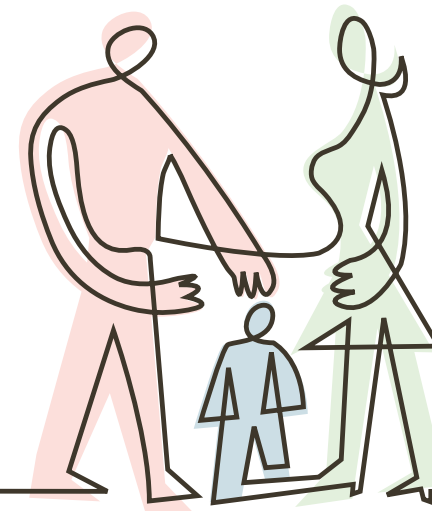
- Collect information on your family
- Mail or provide the forms you need
- Tell you what documentation you need to bring
- Schedule your appointment

**The Main WIC Clinic Site:** (3 West Broadway, Oneonta) is open:

### Hours

8:00 AM to 5:00 PM, Monday - Friday (except on outreach site days)  
8:00 AM to 6:00 PM, Wednesday  
8:30 AM until 12:30 PM, 4th Saturday of each month

Please visit [www.ofoinc.org](http://www.ofoinc.org) for days of operation and directions to each of our outreach clinics.



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