

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.ofoinc.org



3 West Broadway
Oneonta, NY 13820

www.ofoinc.org/wic
 facebook.com/ofoinc
 instagram.com/opportunitiesforotsego

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>; from any USDA office; by calling (866) 632-9992; or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights and Nondiscrimination Statement Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov.

This institution is an equal opportunity provider. For other complaints or to request a Fair Hearing contact: mail: WIC Program Director NYSDOH, Riverview Center 150 Broadway, 6th Floor Albany, NY 12204; phone: (518) 402-7093; fax: (518) 402-7348; or email: nyswic@health.ny.gov.

For more information contact OFO at:

607.433.8071
D/HH/DB Relay- 711

Monday – Friday
8:00AM – 5:00PM

Language Interpretation
Services Available

07/2025

Women, Infants & Children



607.433.8071

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, grandparents, guardians, and other responsible caregivers may apply for WIC on behalf of children under age 5 in their care.

Applicants Must

- Be a New York State resident
- Meet income guidelines or show proof of enrollment in Head Start, SNAP, Medicaid, Essential Plan (LI-L4 or 200-250), or TANF
- 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 Visit one of our Clinics

2 Reach out through our website

3 Call Us

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

Clinic Locations & Hours

Oneonta: 3 West Broadway

- 8AM-5PM, Monday, Tuesday, Thursday, Friday
Except on outreach clinic days
- 8AM-6PM, Wednesday
- 8:30AM-12:30PM, 4th Saturday every month

Cherry Valley: Community Center

- 9:45AM-2PM, 3rd Friday every month.

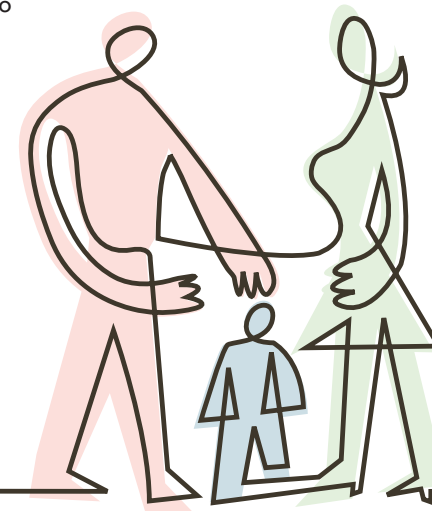
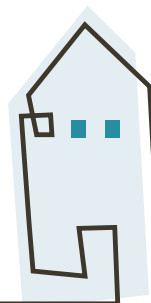
Cooperstown: United Methodist Church

- 9:45AM-2PM, 2nd Tuesday every month.

Richfield Springs: Community Center

- 9:45AM-1:30PM, 1st Friday every month

Visit ofoinc.org/wic for directions to our clinics



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