

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC Program) at Mount Sinai West and Mount Sinai Morningside



What is WIC?

WIC was established as a permanent program in 1974 to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services. WIC's goal is to improve the health and nutrition of moms and kids. It is well known that pregnancy and early childhood are among the most important times for growth and development.

Learn more:

www.mountsinai.org/morningsidewestWIC



What FREE resources are offered?

Food Benefits, Breast Pumps, Breast Feeding Services, Nutrition Education, and Referrals to Free Health Care, and more.

What are examples of food benefits offered?

Tuna, Milk, Brown Rice, Eggs, Fruit, Tofu, Whole Wheat Bread, Soy Milk, Cheese, Vegetables, Whole Wheat Tortilla, Formula, Baby Food, and more.

Do I qualify and can I apply?

If you have children under 5 years old, or if you are pregnant, or if you are breastfeeding or if you need help feeding your family, then you qualify and can apply.

How do I apply?

(See additional details on the back.)

We have two locations. Call the phone numbers below.

Mount Sinai Morningside

361 West 125th Street, 2nd Floor
New York, New York 10027
212-523-3446 or 212-523-3447

Mount Sinai West

515 West 59th Street, 2nd Floor
New York, New York 10019
212-523-6539

Visit us on social media:

[facebook.com/wicmorningsidewest](https://www.facebook.com/wicmorningsidewest)
[instagram.com/msmw_wic](https://www.instagram.com/msmw_wic)



This information was taken from the WIC Participant Handbook.

The Mount Sinai Morningside-Mount Sinai West WIC Program is an equal opportunity provider.

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What is certification?

Certification is the process required in order to receive benefits.

To qualify for WIC, you must:

- Live in New York State; however, US citizenship or legal residency is not required
- Meet the income guidelines set by the federal government
- Have a need for improved nutrition

What do I need to bring to the WIC office?

When you call the WIC office for a certification appointment, staff will tell you what you need to bring to the appointment:

- Proof of identity
- Proof of household income
- Proof of residency
- Immunization record for infants and children

**** To be enrolled, a child must be present at each certification.****



In addition, you may be asked to bring:

- A completed New York State Department of Health Medical Referral Form from your Health Care Provider (including blood work)
- If you or your child is on special formula, you will need the "Medical Documentation for WIC Formula and Approved WIC Foods for Infants, Children and Women" form
- The forms can be found on the New York State Department of Health web site.

Is there a cost to enroll in the WIC Program?

No. It will not cost you any money to enroll.

What will WIC provide to you and your family?

- Conduct a health assessment
- Provide opportunities to discuss nutrition and health concerns
- Provide referrals to other medical care and services

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