

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

WIC offers clinic sites in the following communities:

Burlington Flats

Cherry Valley

Cooperstown

Morris

Oneonta - 3 West Broadway and FoxCare Center

Richfield Springs

Schenevus

Unadilla

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

www.ofoinc.org



Opportunities
FOR OTSEGO

**WOMEN, INFANTS &
CHILDREN (WIC)**

Opportunities For Otsego

3 West Broadway

Oneonta, NY 13820

www.ofoinc.org

This program is funded in part by:

New York State Department of Health

This is an Equal Opportunity Program.
Discrimination is prohibited by Federal law.
Complaints of discrimination may be filed with USDA,
Director, Office of Civil Rights Room 326-W, Whitten
Building, 14th and Independence Ave., SW,
Washington DC, 20250-9410

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



Opportunities
FOR OTSEGO

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

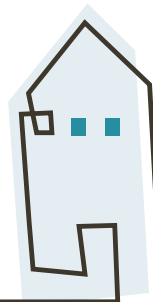
Children up to age five

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 PCAP/MOMS, Medicaid, TANF, Head Start, Free/Reduced Price School Meals, 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:

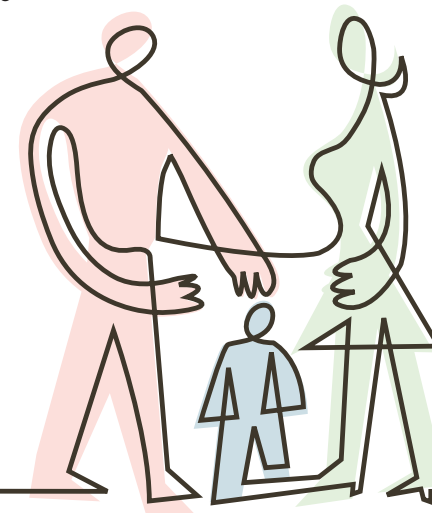
- Collect information on your family
- Mail or provide the forms you need
- Tell you what documentation you need to bring
- Schedule your appointment

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 for days of operation and directions to each of our outreach clinics.



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