

## Warren County WIC

1340 State Route 9  
Lake George, NY 12845  
761-6425 Phone / 761- 7643 Fax

**WIC is a supplemental food program for pregnant & postpartum women, infants & children to 5 years of age.**

<b>General Food Package</b>				
<b>Pregnant Women</b>	<b>Breastfeeding Women</b>	<b>Non-Breastfeeding Women</b>	<b>Infants</b>	<b>Children</b>
5 ½ Gal/ 22 qts LF/1% Milk or NF/Skim Milk (1# of Cheese (Optional)) (32oz of yogurt(Optional)) 1 dozen Eggs Up to 36 oz Cereal 2# Dry Beans/Peas/Lentils or 4 cans - up to 16oz beans or 2# 16-18 oz Peanut Butter or Combination 1# WW Bread or Whole Grain Tortillas or 14-16 oz Brown Rice or 16 oz WW Pasta 3- 11.5/12oz Concentrated Juice (up to 144 oz)  <u>\$ 11 Vegetable &amp; Fruit check</u>  <u>\$ 20 Farmer's Market check</u>	6 Gal/ 24 qts LF/1% Milk or NF/Skim Milk+ (1# of Cheese (Optional)) (32Oz of yogurt(Optional)) 2 dozen Eggs 1# Cheese Up to 36 oz canned Fish (Tuna, Sardines, Salmon) 2# Dry Beans/Peas/Lentils or 4 cans- up to 16oz beans or 2# 16-18 oz Peanut Butter or Combination 1# WW Bread or Whole Grain Tortillas or 14-16 oz Brown Rice or 16 oz WW Pasta 3- 11.5/12oz Concentrated Juice (up to 144 oz)  <u>\$ 11 Vegetable &amp; Fruit check</u>  <u>\$ 20 Farmer's Market check</u>	4 Gal/16 qts LF/1% Milk or NF/Skim Milk (1# of Cheese (Optional)) (32Oz of yogurt(Optional)) 1 dozen Eggs Up to 36 oz Cereal 1# Dry Beans/Peas/Lentils or 4 cans- up to 16oz beans or 2# 16-18 oz Peanut Butter or Combination 2-11.5/12oz Concentrate Juice (up to oz)  <u>\$ 11 Vegetable &amp; Fruit check</u>  <u>\$ 20 Farmer's Market check*</u>	<u><b>Formula / 6 – 12 months</b></u> Enfamil Infant Gerber Good Start Soy Enfamil Gentlease Enfamil AR Special Needs formula with MD's prescription 3 boxes Baby cereal 36 jars Baby Fruit/Vegetables  <u><b>Breastfed / 6 – 12 months</b></u> 3 boxes Baby cereal 64 jars Baby Fruit/Vegetables 31 jars Baby Meat (FBF)  <u><b>Formula &amp; BF/ 9 -12 months</b></u> In addition >may substitute # jars Fruit & Vegetables for  <u>\$4/\$8(FBF) Fruit/Veg Voucher</u>  <u>\$ 20 Farmer's Market check</u>	1<2yo 4 Gal/16 qts. Whole Milk 2<5yo 4 Gal/16 qts LF/1% Milk or NF/Skim Milk (1# of Cheese (Optional)) (32Oz of yogurt(Optional)) 1 dozen Eggs Up to 36 oz Cereal 1# Dry Beans/Peas/Lentils or 4 cans- up to 16oz beans or 2# 16-18 oz Peanut Butter or Combination 2# WW Bread or Whole Grain Tortillas or 14-16 oz Brown Rice or 16 oz WW Pasta 2 - 64 oz Container Juice or 16 oz Concentrate Juice  <u>\$ 9 Vegetable / Fruit check</u>  <u>\$ 20 Farmer's Market check</u>

<b>May 31, 2021 – June 30, 2022 WIC Income Eligibility</b>					* A pregnant women is considered to be a household of 2	
Household Size	Annual Gross	Monthly Gross	Twice-Monthly Gross	Bi-weekly Gross	Weekly Gross	
1	\$ 23,828	\$ 1,986	\$ 993	\$ 917	\$ 459	
2	32,227	2,686	1,343	1,240	620	
3	40,626	3,386	1,693	1,563	782	
4	49,025	4,086	2,043	1,886	943	
5	57,424	4,786	2,393	2,209	1,105	
For each additional person add	8,399	700	350	324	162	

<b>Clinic Sites</b>
Warren County Municipal Center Village Green Apartments – Glens Falls North Creek Horicon Warrensburg Lake Luzerne VFW – Queensbury United Methodist Church – Queensbury 1 <sup>st</sup> Baptist Church – Glens Falls