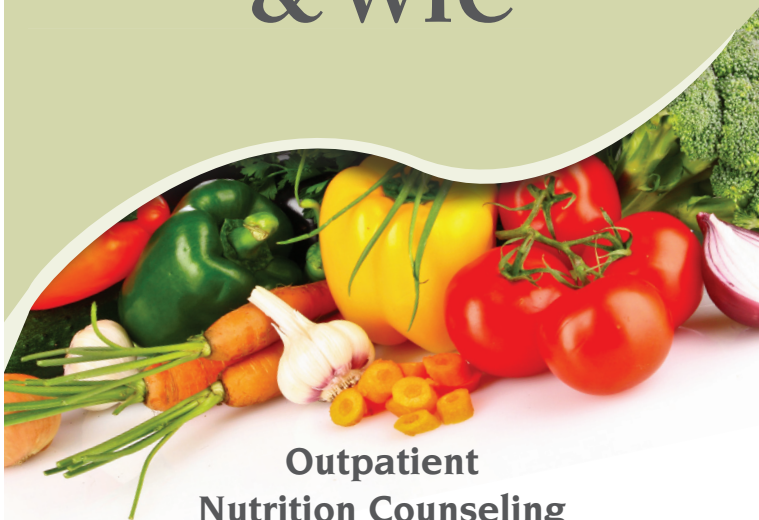


# Nutrition & WIC



## Outpatient Nutrition Counseling

Meet one-on-one with a Catholic Health dietician to learn how food affects your health. Receive personal attention to help you manage any pre-pregnancy or pregnancy health issues.

- Diabetes
- Hypertension
- Obesity
- Gestational Diabetes
- Food Allergies
- Pediatric Nutrition

**8:00 am – 4:00 pm**

Mercy Comprehensive Care Center  
397 Louisiana St, Buffalo, NY  
(716) 847-6610

Mercy OB/GYN Center  
Marian Professional Center, Ste. 302  
515 Abbott Rd, Buffalo, NY  
(716) 828-3760

Ken-Ton Family Care Center  
300 Two Mile Creek Rd, Tonawanda, NY  
(716) 447-6450

*Ask about possible health insurance coverage  
and any additional fees that may apply.*

 **Catholic Health**

**WomenCareWNY.org**

# WIC Program

*Support to live a healthier life.*

*WIC is a supplemental nutrition program for women, infants and children operated locally by Catholic Charities and other organizations.*

## **Services are free of charge:**

- Nutrition Education
- Breastfeeding Support
- Nutrition Counseling
- Prenatal & Postpartum Support
- Referrals
- Food Vouchers

## **You may be eligible if you:**

- Are pregnant, breastfeeding, postpartum, OR
- Have an infant or child under 5 years old, AND
- Receive SNAP (Food Stamps), Temporary Assistance (TANF) of Medicaid or meet their income guidelines AND
- Live in New York State

*WIC does NOT require U.S. citizenship, social security number, green card or legal residency to receive benefits.*

### **[www.ccwny.org](http://www.ccwny.org)**

Erie County (716) 597-0509  
Niagara County (716) 285-0975  
Chautauqua County (716) 484-6001

### **Eat Smart New York**

*Cornell Cooperative Extension*

Erie County (716) 822-2288  
Niagara County (716) 433-8839

### **Health Department**

Cattaraugus County (716) 373-8050

*Ask your healthcare provider for specific locations and more information.*