

WIC PROGRAM

The Clinton County Women, Infants and Children's Program (WIC)

WIC is a supplemental food program which provides food, nutrition counseling and health referrals to income eligible pregnant, postpartum and breastfeeding women, as well as infants and children under the age of five years. The Clinton County WIC Program provides checks for approved foods high in essential nutrients required for growth, development and general health. These foods may include eggs, milk, cheese, iron-fortified cereal, infant formula, dried beans, peanut butter, juice, carrots and tuna fish. WIC participants are able to use their WIC checks in many authorized area stores. Market coupons are distributed during the summer months enabling WIC participants to purchase fresh fruits and vegetables from area farmers' markets.

WIC clinics are available in many Clinton County townships where WIC community residents are more conveniently served. Evening hours are also available for working individuals.

Established as a pilot program in 1972, WIC is administered at the Federal level by the Food and Nutrition Service of the US Department of Agriculture. WIC is effective in improving the health of pregnant women, new mothers and their infants.

NOTE: The EPA has issued a "fish and shellfish" warning for pregnant or nursing women.

Who is eligible?

1. The WIC Program is limited to pregnant, postpartum and [breastfeeding](#) women, infants up to 12 months of age and children up to 5 years of age.
2. Participants must live in Clinton County
3. WIC participants must complete a medical screening at their doctor's office or at the WIC clinic.
4. WIC participants must meet [income guidelines](#)

How do I apply?

To receive more information or to apply for WIC call or visit us at:

Clinton County Health Department
Nutrition Unit
133 Margaret Street
Plattsburgh, NY 12901
Tel: (518) 565-4830

For participants' convenience we also offer WIC satellite sites (by appointment only) in Clinton County. We are in Peru, Beekmantown, Cadyville, Champlain, Keeseville and Altona 1 time each per month. Call us for information.

To download a WIC application or other forms (WIC Proxy form, Request for Formula Changes form) [click here](#).