East Harlem Times are Tough!

Struggling? Need Food Assistance?



Pregnant women, breastfeeding women, postpartum women, and caregivers of infants and children up to age five may be eligible for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)!



Find out how to enroll in WIC here in East Harlem



Use the WIC
Prescreening Tool
to find out if you
are eligible