Families 0123 4557 6901 2345 **Grow Healthy** with WIC!

The Women, Infants, and Children (WIC) Nutrition Program provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information.



- Are pregnant, breastfeeding, just had a baby; or
- Had a recent pregnancy loss; or
- Have a child or care for a child under age 5; and
- Have low-to-medium income: or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; and
- Live in California

Visit www.MyFamily.WIC.ca.gov or call 1-888-942-9675 for more information.



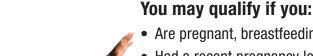
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