

California Families Grow Healthy with WIC

WIC is a nutrition program for Women,
Infants, and Children.



You may qualify if you:

- Are pregnant, breastfeeding, or just had a baby;
- Have a child under age 5; and
- Have a low to medium income; and/or
- Receive Medi-Cal, CalWORKs (TANF), or CalFresh (Food Stamps) benefits; and
- Live in California



Yes!
Newly pregnant
women, migrant workers,
and working families
are encouraged
to apply.

WIC provides:

- Nutrition tips and health information
- Breastfeeding support
- Checks for healthy foods (like fruits and vegetables)
- Referrals to medical providers and community services



Your family may qualify for WIC*

- A family of 2 can earn up to \$1,140 per 2-week period
- A family of 3 can earn up to \$1,435 per 2-week period
- A family of 4 can earn up to \$1,730 per 2-week period



*Before tax income levels change annually. Contact your local WIC office or visit www.wicworks.ca.gov for current information.

Enroll early! Call today if you are pregnant or have an infant or child under age 5:



California Department of Public Health, California WIC Program
This institution is an equal opportunity provider.

1-888-942-9675 (1-888-WIC-WORKS)