You Work Hard to Raise a Healthy Family: Let WIC Help

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, or CalFresh benefits; and
- Live in California

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

WIC provides:

- Nutrition education and health information
- Breastfeeding support
- Checks for healthy foods
- Referrals to medical providers and community services

You may qualify if your family's income meets WIC guidelines.

To find out more, go to **www.wicworks.ca.gov**

Enroll early! Call WIC today to see if you qualify:

Click here to enter your contact information . . .

CALIFORNIA WIC
WOMEN, INFANTS & CHILDREN
Families grow healthy with WIC

This institution is an equal opportunity provider.