

# Families 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.

## You may qualify if you:

- 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](http://www.MyFamily.WIC.ca.gov) or call **1-888-942-9675** for more information.



Newly pregnant individuals, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.



California Department of Public Health, California WIC Program

*This institution is an equal opportunity employer.*

1-888-942-9675 | [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov)

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