

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:



*This institution is an equal
opportunity provider.*