

You Take Care of Your Family; Let WIC Take Care of You!

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



You may qualify for WIC 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

WIC provides:

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

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

You may qualify if your family meets WIC Income Guidelines:*

Number of Persons in Family	Annual	Monthly	Bi-Weekly	Weekly
2 Persons	\$29,637	\$2,470	\$1,140	\$570
3 Persons	\$37,296	\$3,108	\$1,435	\$718
4 Persons	\$44,955	\$3,747	\$1,730	\$865

* Incomes listed above are before taxes and effective 5/18/2016 - 6/30/2017. Income guidelines change annually. Contact your local WIC office or visit www.wicworks.ca.gov for current information.

Enroll early! Call today to see if you qualify and to make an appointment:



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

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