# 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 (TANF), or CalFresh (Food Stamps) benefits; and
- Live in California

## WIC provides:

- Nutrition education 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's income meets WIC guidelines. A family of four can earn up to $3,739* before taxes per month and qualify.

*Income levels change annually.

**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.*