California Families Grow Healthy with WIC

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

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

WIC provides:

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

Your family may qualify for WIC*

- A family of 2 can earn up to $1,134 per 2-week period
- A family of 3 can earn up to $1,430 per 2-week period
- A family of 4 can earn up to $1,726 per 2-week period

*Before tax income levels change annually. Contact your local WIC office or visit **www.wicworks.ca.gov** for current information.

Enroll early! Call today if you are pregnant or have an infant or child under age 5:

Click here to upload your agency logo.

Click here to enter your contact information . . .

CDPH

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

California Department of Public Health, California WIC Program

This institution is an equal opportunity provider.

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