



California



Families Grow

Healthy with WIC



What is WIC?

The Women, Infants and Children (WIC) nutrition program helps individuals who are pregnant or just had a baby, and children up to age 5 eat well, be active, and stay healthy. WIC welcomes partners, grandparents, foster parents, or guardians who care for eligible children. WIC services are provided at no cost to you.



You may qualify if you:

- Are pregnant, breastfeeding, just had a baby (or 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.



WIC services include:

Nutrition and Health Information

- Prenatal nutrition
- Breastfeeding support
- Healthy eating tips for your family
- Nutritious recipes, plus much more



Monthly Food Benefits to Get Healthy Foods

- Fruits and vegetables
- Whole grain breads, tortillas, pasta, or brown rice, and more
- Beans, peas, or lentils
- Peanut butter
- Milk and juice
- Tofu and soymilk
- Yogurt
- Eggs
- Cheese
- Cereal
- Canned fish
- Baby foods and infant formula



Breastfeeding Information and Support

This may include:

- Group or individual classes
- One-on-one support from a peer counselor or lactation specialist
- Breast pump loans for qualifying participants



Referrals

Help finding health care and other helpful community services

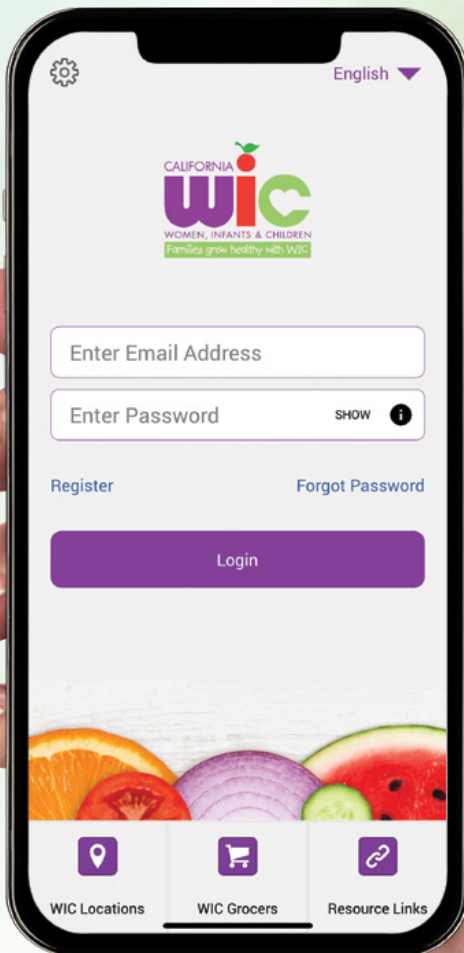


We encourage newly pregnant or working families (including military and migrant families) to apply!



Visit our website at MyFamily.WIC.ca.gov or download the free California WIC App:

- Find out if you are eligible
- Locate WIC offices
- Find WIC grocers near you



Where can I find WIC?

WIC has offices throughout California. Call your local WIC office for an appointment and locations near you. Many WIC offices accept walk-ins, offer phone or video appointments, and are open in the evenings or on Saturdays!

To find the nearest WIC office, visit **MyFamily.WIC.ca.gov** or call **1-888 WIC-WORKS (1-888-942-9675)** or the local WIC office below:

Your local WIC office is:



California Department of Public Health, California WIC program

This institution is an equal opportunity provider.

1-888-942-9675 | MyFamily.WIC.ca.gov

Rev 08/22