



California



Families Grow Healthy with WIC



What is WIC?

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



Who qualifies for WIC?

- Women who are pregnant, breastfeeding, or just had a baby in the past 6 months (or pregnancy loss);
- Children up to 5 years of age including those cared for by mom, dad, a grandparent, foster parent, step-parent or guardian; **and**
- Families with low to medium income or who receive Medi-Cal, CalWORKS (Cash Aid) or CalFresh (SNAP) benefits; **and**
- Live in California.



WIC services include:

Nutrition and Health Information

- Prenatal nutrition
- Breastfeeding information
- 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
- Dry 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 classes
- One-on-one support from a peer counselor or lactation specialist
- Breast pump loans for qualifying mothers



Referrals

Help finding healthcare and other helpful community services

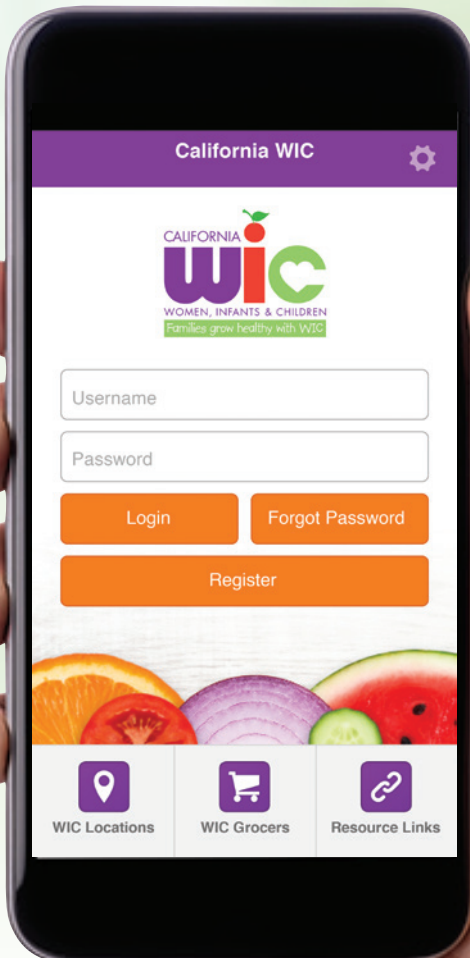


**Newly pregnant women,
working families, including
military and migrant families,
are encouraged to apply!**



Check out the California WIC App to:

- Find out if you are eligible
- Locate WIC offices
- Find WIC grocers near you
- Download for free!



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-in 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 | 11/19