What are people saying about WIC?



"WIC offers so much more now with fresh fruits and vegetables and whole grains!"

— Raquel, Redding



"WIC keeps us eating healthy."

— Robert, Fresno



"Money was tight for a while… and this program helped me so much."

— Sara, Los Angeles



"Thank you… for the breastfeeding support and useful information we got while in the program."

— Susan, Oakland

How can WIC work for you?

WIC has offices all over California. Call your local WIC office for an appointment and for locations near you. Many local WIC offices are open in the evenings and on Saturdays for working families!



Your local WIC agency is:

To find the nearest WIC office, you can also call toll free **1-888-WIC-WORKS (1-888-942-9675)** or **www.wicworks.ca.gov.**

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.

1-800-852-5770 #910169 Rev 11/14

California Families Grow Healthy with WIC









CALIFORNIA WIC WOMEN, INFANTS & CHILDREN



You work hard to raise a healthy family. Let WIC help you.

What is WIC?

WIC, the Women, Infants, and Children program, is a nutrition program that helps pregnant women, mothers with infants, infants and young children eat well, be active, and stay healthy.

The average cash value of WIC checks per participant is about $62 a month!



What does WIC offer?

» **Nutrition and health education.** Information covered includes: prenatal nutrition, breastfeeding, feeding your child, parenting tips, plus much, much more.

» **Education and support for breastfeeding babies.** This support may include group classes, one-on-one support from a peer counselor or lactation specialist and loan of a breast pump.

» **Monthly checks to buy healthy foods such as:**

- ✔ Milk
- ✔ Fruits and Vegetables
- ✔ Juice
- ✔ Eggs
- ✔ Cheese
- ✔ Cereal
- ✔ Dry beans or peas
- ✔ Peanut butter
- ✔ Canned tuna or salmon
- ✔ Whole grain breads, tortillas, or brown rice
- ✔ Baby foods
- ✔ Infant formula
- ✔ Tofu and soy milk

» **Help in finding health care and other community services.**



Working families and migrants are welcome!

You can participate in California WIC if you:

» are pregnant,

» are breastfeeding a baby under 1 year of age,

» just had a baby in the past 6 months,

» have children under 5 years of age including those cared for by a single father, grandparent, foster parent, step-parent or guardian, or

» have a family income within WIC Guidelines.

Check out our Website:

www.wicworks.ca.gov

for the latest income guidelines and to find your local WIC office.

