

# You Take Care of Your Family; Let WIC Take Care of You!

WIC is a nutrition program for Women, Infants, and Children.



## You may qualify for WIC 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 tips and health information
- Breastfeeding support
- Monthly benefits for healthy foods (like fruits & 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 meets WIC Income Guidelines:\*

Number of Persons in Family	Annual	Monthly	Bi-Weekly	Weekly
2 Persons	\$31,284	\$2,607	\$1,204	\$602
3 Persons	\$39,461	\$3,289	\$1,518	\$759
4 Persons	\$47,638	\$3,970	\$1,833	\$917

\* Incomes listed above are before taxes and effective 4/1/2019 – 6/30/2020. Income guidelines change annually. Contact your local WIC office or visit [m.wic.ca.gov](http://m.wic.ca.gov) for current information.

**Enroll early! Call today to see if you qualify and to make an appointment:**



California Department of Public Health, California WIC Program  
This institution is an equal opportunity provider.

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