



**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

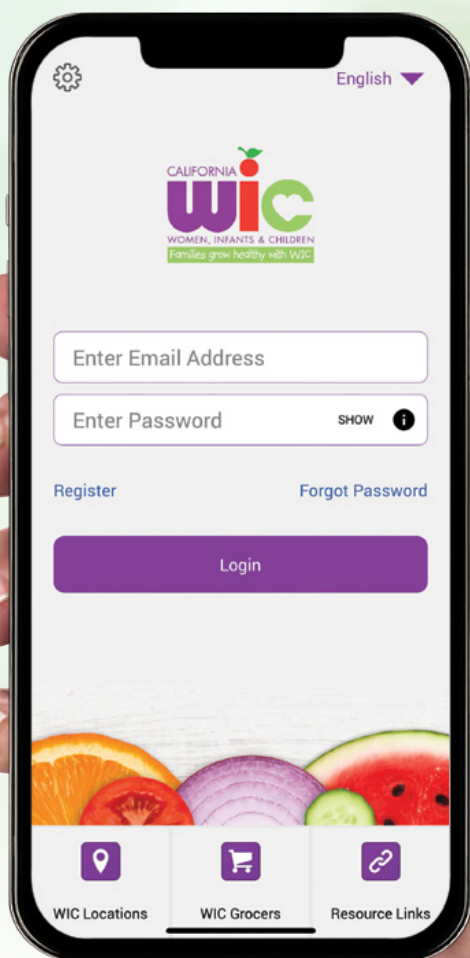


**We encourage newly pregnant or working families (including military and migrant families) to apply!**



# 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**

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