



Growing healthy families for 50 years!

Join WIC for a strong and healthy future.

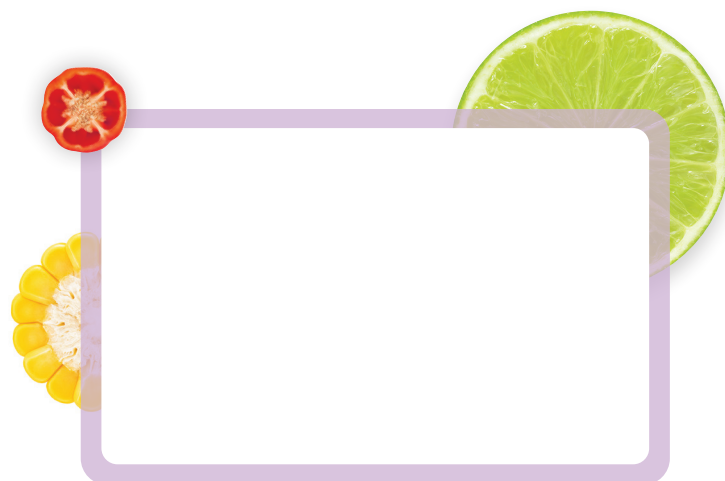
Women, Infants and Children (WIC) is a food and nutrition program for California families.

WIC benefits include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to health care and community services

You may qualify if you live in California and:

- Are pregnant, breastfeeding, just had a baby (or recent pregnancy loss), or care for a child under age 5 **and**
- Have low-to-medium income or receive Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits.



Apply today!

Newly pregnant individuals, working families, including military and migrant families, are encouraged to apply! WIC welcomes partners, grandparents, foster parents, and guardians who care for eligible children.



California Department of Public Health, California WIC program

This institution is an equal opportunity provider.

1-800-852-5770 | MyFamily.WIC.ca.gov