

# California Families Grow Healthy with WIC

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



## You may qualify 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



**Yes!**  
Newly pregnant  
women, migrant workers,  
and working families  
are encouraged  
to apply.

## WIC provides:

- Nutrition tips and health information
- Breastfeeding support
- Monthly benefits for healthy foods (like fruits & vegetables)
- Referrals to medical providers and community services



## Your family may qualify for WIC\*

- A family of 2 can earn up to \$1,240 per 2-week period
- A family of 3 can earn up to \$1,563 per 2-week period
- A family of 4 can earn up to \$1,886 per 2-week period



\*Before tax income levels change annually. Contact your local WIC office or visit [myfamily.wic.ca.gov](http://myfamily.wic.ca.gov) for current information.

**Enroll early! Call today if you are pregnant or have an infant or child under age 5:**



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

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