can help if you're looking for...

- $50-113 in benefits to purchase healthy foods
- Customized nutrition education for the family
- Breastfeeding support and education
- Referrals to health care, childcare and housing

Want to know if you qualify? Visit sdwic.info/qualify for the full list.

2020 - 2021 INCOME GUIDELINES

<table>
<thead>
<tr>
<th>Number of people in family*</th>
<th>Gross monthly income</th>
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<tbody>
<tr>
<td>2</td>
<td>$2,686</td>
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<tr>
<td>3</td>
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<td>4</td>
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<td>$4,786</td>
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<td>$5,486</td>
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</table>

*Pregnant people count as two people

Visit sdwic.com for updated hours and locations
San Marcos
150 Valpreda Rd. Ste. 102
San Marcos, CA 92069

Encinitas
1130 2nd Ave.
Encinitas, CA 92024

Oceanside/Mission Mesa
2210 Mesa Dr. Ste. 100
Oceanside, CA 92054

Escondido
649 W. Mission Ave. Ste. 7
Escondido, CA 92025

Ramona
1039 D St. Ste. 2
Ramona, CA 92065

Valley Center
28246 Lilac Rd.
Valley Center, CA 92082

Chula Vista
1655 Broadway Ste. 18
Chula Vista, CA 91911

National City
1420 East Plaza Blvd. Ste. B4
National City, CA 91950

San Ysidro
4494 Camino de la Plaza
San Ysidro, CA 92173

Maternal & Child Health Ctr.
4050 Beyer Blvd. 3rd Floor
San Ysidro, CA 92173

Imperial Beach
886 Palm Ave.
Imperial Beach, CA 91932

City Heights Wellness Ctr.
4440 Wightman St. Ste. 200
San Diego, CA 92105

Linda Vista
6973 Linda Vista Rd. Bldg. C
San Diego, CA 92111

Chula Vista
251 Palomar St. Ste. C
Chula Vista, CA 91911

National City
2411 E. Plaza Blvd.
National City, CA 91950

North County
1906 Oceanside Blvd. #TUV
Oceanside, CA 92054

Southeast San Diego
Euclid Health Ctr.
292 Euclid Ave. Ste. 225
San Diego, CA 92114

Central San Diego
5821 University Ave.
San Diego, CA 92115

Linda Vista
7612 Linda Vista Rd. #111
San Diego, CA 92111

East County
564 North 2nd St.
El Cajon, CA 92021

Spring Valley
8810 Jamacha Blvd. #DEF
Spring Valley, CA 91977

San Diego State University
Research Foundation

North Park
3078 El Cajon Blvd. Ste. 100
San Diego, CA 92104

Clairemont
5222 Balboa Ave. #22
San Diego, CA 92117

Mira Mesa
10737 Camino Ruiz Ste. 135
San Diego, CA 92126

East County
301 N. Magnolia Ste. 101
El Cajon, CA 92020

Spring Valley
9621 Campo Rd. Ste. G
Spring Valley, CA 91977

South County
Chula Vista Office
542 Broadway Ste. Q
Chula Vista, CA 91910