Ensure a strong start for children up to age 5 with WIC.

WHAT IS WIC?

Women, Infants and Children (WIC) is a federally funded USDA nutrition program that is administered by the California Department of Public Health. Our team includes registered dietitians, degreed nutritionists, International Board Certified Lactation Consultants (IBCLC), certified lactation educators and other trained professionals.

We can help provide families with:

- **Food Prescription**: $50 — $113 in benefits per person, per month to purchase fruits, vegetables, whole grains, low-fat dairy or soy milk, tofu, and iron-rich foods.
- **Nutrition Education**: Interactive nutrition education and individual assessment targeted to address the needs of pregnant women and young children.
- **Breastfeeding Support**: Education to help families make informed decisions about infant feeding and support to meet their breastfeeding goals.
- **Referral Services**: Connections to important, necessary resources like health care, child care, housing, parenting, and more.

WHO QUALIFIES FOR WIC?*

Member(s) of low to moderate income families (living at or below 185% of the Federal Poverty Level, as outlined by the 2023-2024 income guidelines) in California who:

- Are pregnant
- Have a child under age 5 (including foster children)
- Are breastfeeding a baby under age 1
- Had a baby in the last 6 months
- Experienced a pregnancy loss/termination
- Are fathers, grandparents or other legal guardians of children under the age of 5
- Are military families
- Meet requirements regardless of immigration status
- Meet the above requirements and receive Medi-Cal, CalWORKS (TANF) and/or CalFresh (Food Stamps/SNAP)

<table>
<thead>
<tr>
<th>NUMBER OF PEOPLE IN FAMILY</th>
<th>GROSS MONTHLY INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>$3,041</td>
</tr>
<tr>
<td>3</td>
<td>$3,833</td>
</tr>
<tr>
<td>4</td>
<td>$4,625</td>
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<tr>
<td>5</td>
<td>$5,418</td>
</tr>
<tr>
<td>6</td>
<td>$6,210</td>
</tr>
</tbody>
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This institution is an equal opportunity provider.

*Eligible families can begin receiving benefits from WIC immediately following enrollment on the program! [www.wicworks.ca.gov](http://www.wicworks.ca.gov) for up-to-date information.

Did you know? Women who participate in WIC give birth to healthier babies who are more likely to survive infancy.**
Get Results with WIC

In San Diego County, five agencies offer WIC services. Below is the contact information and office locations for each agency.

Visit www.sdwic.com for updated hours and locations.

**From Center on Budget and Policy Priorities, WIC Works: Addressing the Nutrition and Health Needs of Low-Income Families for 40 Years, March 2017

More about WIC:

**Women who enter WIC in the first trimester of their pregnancy are more likely to begin and continue breastfeeding longer than women who enter in their third trimester.**