

## What Are People Saying About WIC?



"WIC offers so much more now with fresh fruits and vegetables and whole grains!"

— *Raquel, Redding*



"WIC keeps us eating healthy"

— *Robert, Fresno*



"Money was tight for a while... and this program helped me so much."

— *Sara, Los Angeles*



"Thank you... for the breastfeeding support and useful information we got while in the program."

— *Susan, Oakland*

## How can WIC work for you?

WIC has offices all over California. Call your local WIC office for an appointment and for locations near you. Many local WIC offices are open in the evenings and on Saturdays for working families!



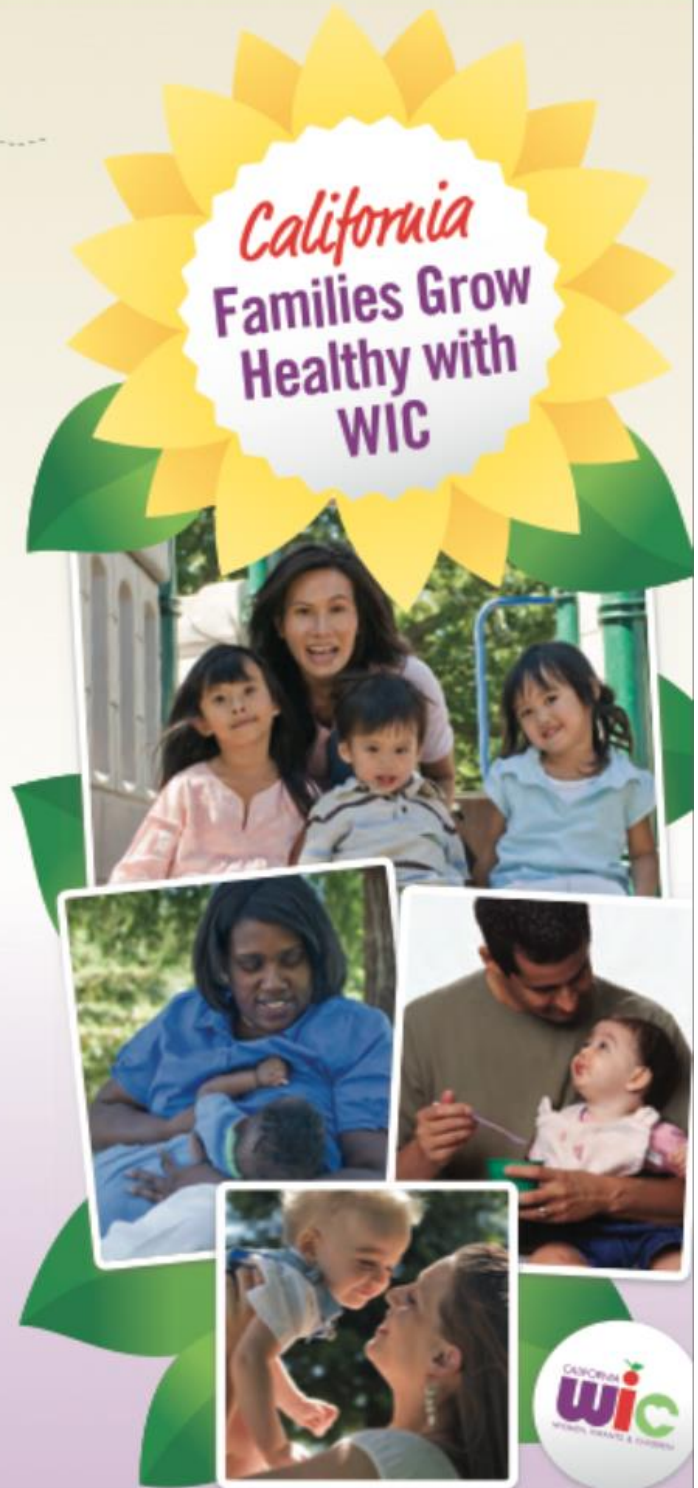
Your Local WIC Agency is:



To find the nearest WIC office, you can also call toll free **1-888-WIC-WORKS (1-888-942-9675)** or [www.wicworks.ca.gov](http://www.wicworks.ca.gov).

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

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*You work hard to raise a healthy family. The WIC Program can help.*

## What is WIC?

WIC, the Women, Infants, and Children program, is a nutrition program that helps pregnant women, mothers with infants, infants and young children eat well, be active, and stay healthy.

The average cash value of WIC checks per participant is about \$62 a month!



## WIC offers families:

- » Nutrition and health education. Information covered includes: prenatal nutrition, breastfeeding, feeding your child, parenting tips plus much, much more...
- » Education and support for breastfeeding babies. This support may include group classes, one-on-one support from a peer counselor or lactation specialist and loan of a breast pump.
- » Checks to buy healthy foods such as:
 

✓ Milk	✓ Peanut butter
✓ Fruits and Vegetables	✓ Canned tuna or salmon
✓ Juice	✓ Whole grain breads, tortillas, or brown rice
✓ Eggs	✓ Baby foods
✓ Cheese	✓ Infant Formula
✓ Cereal	✓ Tofu and soy milk
✓ Dry beans or peas	
- » Help in finding health care and other community services.



## You can participate in California WIC if you:

- » Are pregnant.
- » Breastfeeding a baby under 1 year of age.
- » Just had a baby in the past 6 months.
- » Have children under 5 years of age including those cared for by a single father, grandparent, foster parent, step-parent or guardian.
- » Have a family income within WIC Guidelines.

## Check out our Website:

[www.wicworks.ca.gov](http://www.wicworks.ca.gov)

for the latest income guidelines and to find your local WIC office.

