

WIC is here for you!

QUINCY

Monday - Friday 8-4pm
Plumas Rural Services WIC Office
711 E. Main Street
Phone and In Person appointments are available.

GREENVILLE

1st Thursday of every month. 10-2pm
176 Hot Springs Rd. (Indian Valley Medical Clinic). Call our office for appointments or questions.

PORTOLA

2nd Thursday of every month.
9:30-2:30pm
171 Nevada St. (next to Thrift Store)
Call our office for appointments or questions.

CHESTER

3rd Thursday of every month. 10-2:00pm
101 Meadowbrook Loop. (Almanor Rec. & Parks Building). Call our office for appointments or questions.

Call for an appointment today
530-283-4093

Check out our Website
www.plumasruralservices.org

Updated 06/29/2023

This institution is an equal opportunity provider

WHAT FAMILIES ARE SAYING ABOUT WIC...



“WIC has been a great help... they supply us with the foods my daughter likes... And with the money I save I can do a lot of other great things for my family.”



“Money was tight for a while... and this program helped me so much. Not only did I receive food to help us, but reliable information on breastfeeding and baby nutrition.”



530-283-4093
wic@plumasruralservices.org



Plumas Rural Services
Serving People, Strengthening Families, Building Communities

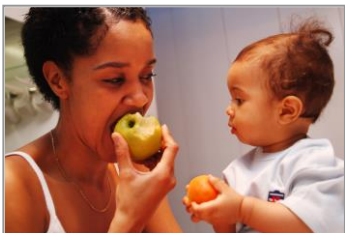


You work hard to raise a healthy family. The WIC Program can help

WIC is the Women, Infants, and Children Supplemental Nutrition Program.

It provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information.

WIC helps your family eat well, be active and stay healthy.



WIC helps you and your children to be healthy

You may qualify if you:

- * Are pregnant, breastfeeding, just had a baby or**
- * Had a recent pregnancy loss or**
- * Have a child or care for a child under age 5 and**
- * Have low to medium income (see chart below) or**
- * Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) and**
- * Live in California**



Families Grow Healthy with WIC

Working families including military and migrant families are encouraged to apply!

WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.

Number of Persons in Family Unit	Annual Gross Income	Monthly Gross Income	Weekly Gross Income	Bi-Weekly Gross Income
1	26,973	2,248	519	1,038
2	36,482	3,041	702	1,404
3	45,991	3,833	885	1,769
4	55,500	4,625	1,068	2,135
5	65,009	5,418	1,251	2,501
6	74,518	6,210	1,434	2,867
7	84,027	7,003	1,616	3,232
8	93,536	7,795	1,799	3,598

If you are pregnant, count yourself as two.

These guidelines effective until 06-30-2024