Fresh Choices, Healthy Families



Join WIC and learn about the **new** food choices to support your family.

Women, Infants and Children (WIC) is a food and nutrition program for California families.

Plumas Rural Services

Main Branch:
QUINCY: 711 E. Main St.
Outreach Clinics:
GREENVILLE: 176 Hot Springs Rd.
CHESTER: 102 Meadowbrook Ln.
PORTOLA: 171 Nevada St.

Call for an appt
@ 530-283-4093

WIC benefits include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to health care and community services



You may qualify if you live in California and:

- Are pregnant, breastfeeding, just had a baby, recent pregnancy loss, or care for a child under age 5 **and**
- Have low-to-medium income or receive Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits.

Apply today!

Newly pregnant individuals, working families, including military and farmworker families, are encouraged to apply! WIC welcomes partners, grandparents, foster parents, and guardians who care for eligible children.



CDPH California Department of Public Health

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN Families grow healthy with WIC

California Department of Public Health, California WIC program
This institution is an equal opportunity provider.
1-800-852-5770 | MyFamily.WIC.ca.gov
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