

**WIC comes to your town.**

**QUINCY**

Monday - Friday 8-4pm  
Plumas Rural Services  
WIC Office  
711 E. Main Street  
Appointments in Quincy available  
at other times.

**GREENVILLE**

We currently do not have a site in  
Greenville. Please call us for info.

**PORTOLA**

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays  
Public Health Building  
171 Nevada Street

**CHESTER**

3<sup>rd</sup> Thursday  
Parks & Rec Bldg.  
102 Meadowbrook Loop

Call for an appointment today

530-283-4093

Check out our Website  
[www.plumasruralservices.org](http://www.plumasruralservices.org)

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](mailto:wic@plumasruralservices.org)



**Plumas Rural Services**

Serving People, Strengthening Families, Building Communities



**WIC helps you and your children to be healthy.**

- We give you a special WIC Card loaded with your food benefits to buy nutritious foods such as milk, cheese, eggs, beans, peanut butter, fruit and vegetables, whole grains and cereals.
- We show you how to feed your family to make them healthier.
- We also bring moms and babies closer by helping with breastfeeding.
- We can refer you to low-cost or free health care and other community services.



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

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

It's a nutrition program for pregnant women, mothers with new babies and children under five years old.

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



**You can participate in WIC if you...**

- Live in California
- Are pregnant, breastfeeding or just had a baby
- Have children under 5 years (including those cared for by a grandparent, foster parent and dads!)
- Have a family income within WIC guidelines (see chart) or have Medi-Cal, Cal Fresh or TANF (cash aid)

Number of Persons in Family Unit	Annual Gross Income	Monthly Gross Income	Weekly Gross Income	Bi-Weekly Gross Income
1	23,828	1,988	459	917
2	32,227	2,686	620	1,240
3	40,626	3,386	782	1,563
4	49,025	4,086	943	1,886
5	57,424	4,786	1,105	2,209
6	65,823	5,486	1,266	2,532
7	74,222	6,186	1,428	2,855
8	82,621	6,886	1,589	3,178

If you are pregnant, count yourself as two.

These guidelines effective until 06-30-2022