

**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

We currently see participants In-Person  
on the 2<sup>nd</sup> Thursday of the month only.  
Please call to schedule either an In-  
Person appointment or a Phone appt.  
Public Health Building  
171 Nevada Street

### CHESTER

Our site is temporarily closed. Call our  
office for information.

Call for an appointment today

530-283-4093

Check out our Website

[www.plumasruralservices.org](http://www.plumasruralservices.org)

Updated 06-24-2022

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

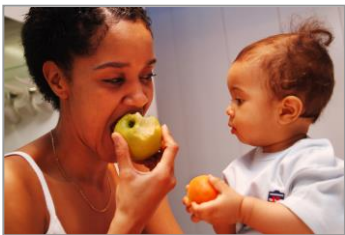


**You work hard to raise a healthy family. The WIC Program can help**

**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	25,142	2,096	484	967
2	33,874	2,823	652	1,303
3	42,606	3,551	820	1,639
4	51,338	4,279	988	1,975
5	60,070	5,006	1,156	2,311
6	68,802	5,734	1,324	2,647
7	77,534	6,462	1,492	2,983
8	86,266	7,189	1,659	3,318

If you are pregnant, count yourself as two.

**These guidelines effective until 06-30-2023**