

**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**

We currently do not have a site in Greenville. Call our Quincy office for appointments or questions.

**PORTOLA**

The site is closed temporarily. Call our Quincy office for appointments or questions.

**CHESTER**

Our site is temporarily closed. Call our Quincy office for appointments or questions.

Call for an appointment today  
**530-283-4093**

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

Updated 12-21-2022

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	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**