

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

1st Thursday
Indian Valley Community Center
209 HWY 89

PORTOLA

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

CHESTER

3rd Thursday
Parks & Rec Bldg.
102 Meadowbrook Loop

Call for an appointment today

530-283-4093

Check out our Website
www.plumasruralservices.org

This institution is an equal opportunity provider.

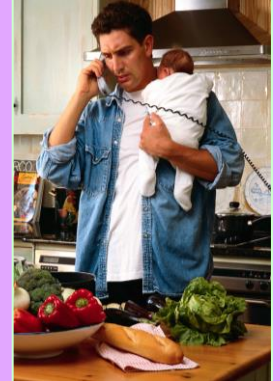
**WHAT FAMILIES ARE SAYING
ABOUT WIC...**



"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



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 is 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**