

WIC COMES TO YOUR TOWN

For up-to-date schedule
at these locations, visit:



MAIN OFFICE

QUINCY

PRS WIC Office
711 E. Main Street

OUTREACH

GREENVILLE

Indian Valley Medical Clinic
176 Hot Springs Road

CHESTER

Almanor Parks & Recreation
101 Meadowbrook Loop

PORTOLA

Public Health Building
171 Nevada Street

*Bilingual Spanish services are
available at all locations.*



Visit us online!



prs.social



PRS_Inc



plumasruralservices_inc



plumas-rural-svc

Shop at the Farmers' Market with WIC

WIC benefits can be redeemed at
any California Farmers' Market that
accepts WIC.

- More farmers will now accept
the WIC Card
- Spend part of your monthly
benefit with more than one
farmer, or use it all at once
- You do not have to worry about
losing your benefits if your WIC
card is lost or damaged

You can search for an authorized
farmers' market at:

MyFamily.WIC.ca.gov

Locations, days and hours are listed.

wic@plumasruralservices.org
530-283-4093

FAX 530-283-3647

711 E. Main Street
Quincy, CA 95971

www.PlumasRuralServices.org

PRS is an equal opportunity service provider and does
not discriminate against clients or volunteers on the
basis of any protected characteristics identified by the
State of California's Civil Rights Department:
calcivilrights.ca.gov/employment/#whoBody.



Families Grow Healthy with WIC



California Women,
Infants and Children
(WIC) Supplemental
Nutrition Program



530-283-4093

www.PlumasRuralServices.org

What is WIC?

The Women, Infants and Children (WIC) nutrition program helps individuals who are pregnant or just had a baby, and children up to age 5 eat well, be active, and stay healthy. WIC welcomes partners, grandparents, foster parents, or guardians who care for eligible children. WIC services are provided at no cost to you.

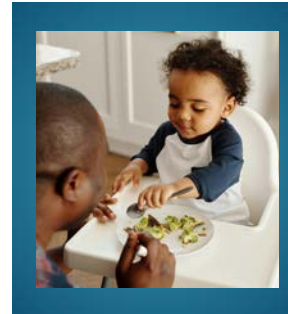


Nutrition and Health Information Services:

- Prenatal nutrition
- Breastfeeding support
- Healthy eating tips for your family
- Nutritious recipes, plus much more

Monthly Food Benefits to Get Healthy Foods:

- Cash value benefit for fruits and vegetables
- Milk
- Plant-based milk alternatives
- Dry beans, peas, or lentils
- Canned mature beans
- Whole grains
- Breakfast cereals
- Tofu
- Eggs
- Juice
- Cheese
- Yogurt
- Canned fish
- Infant: cereals, fruits & veggies, meats, formula



Breastfeeding Information and Support Services:

- One-on-one certified lactation support and education
- Breast pump for those who qualify



Referrals:

Help finding health care and other helpful community services.



You can participate in WIC if you...

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

For more information:

To find out if you are eligible and to locate WIC grocers near you:

- Call or visit our office; we accept walk-ins and can offer phone or video appointments

- Download the free California WIC App

- Visit the website at **MyFamily.WIC.ca.gov**

