



WIC is easy!



Use one California WIC Card for all your family's WIC benefits! Get healthy foods, breastfeeding support, and nutrition tips. Some WIC appointments can be done from home.



Newly pregnant individuals, working families, including military and migrant families, are encouraged to apply! WIC welcomes partners, grandparents, foster parents, and guardians who care for eligible children.

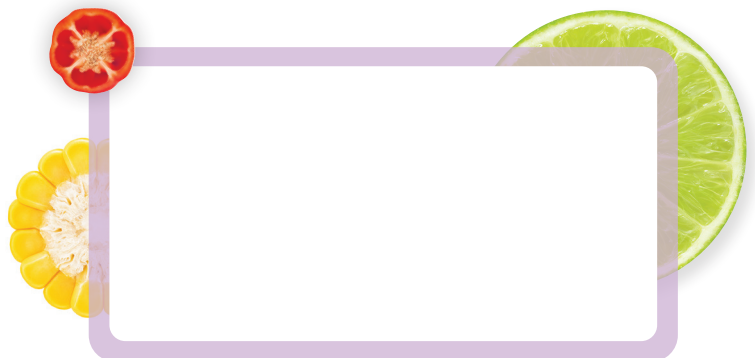
Women, Infants and Children (WIC) is a food and nutrition program for growing families.

WIC benefits include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to health care and community services

You may qualify if you:

- Are pregnant, breastfeeding, 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.



California Department of Public Health, California WIC program
This institution is an equal opportunity provider.

1-800-852-5770 | MyFamily.WIC.ca.gov

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