



# Nutrition News

## WIC and the Covid-19 Virus

WIC continues to take precautions to protect the safety of our clients and staff. As a safeguard we are asking clients not to come to our WIC office.

[We will provide services over the phone until further notice.](#)

Please call 530-283-4093 for questions, guidance or to reschedule your appointment.

### Food Benefits

WIC participants receive a monthly CVB (Cash Value Benefit) on their WIC Card for buying fruits and vegetables. The CVB is temporarily changed to:

\$24 per child per month,

\$43 per pregnant and postpartum participant per month, and

\$47 per breastfeeding participant per month.

This change does not apply to infant food packages.

The CVB change will be issued from 10-01-2021 through 12-31-2021. The CVB benefits are good for 30 days from the date they are issued. For example, benefits issued on December 27 can still be used through January 26.

### Returning to In-Person Services

**We will continue to do appointments over the phone until further notice. We will send a text message to advise you of your next appointment. Please consult your WIC APP to find your food balance, your last day of benefits and your next appointment.**

WIC Office: 711 E. Main St. Quincy  
530-283-4093



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**Any Questions?  
Ask Your WIC Staff**

Katy Dyrr, R.D. - Program Manager  
Carmen Lopez - Nutrition Educator  
Pamela Nixon - Nutrition Assistant

**Please choose to  
be vaccinated to  
protect yourself  
and your family**