



# 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**

**Starting June 1st there have been some changes to the food package. If your benefits included the cash value benefit for fruits and vegetables, please know that the value for each family members food package has increased to \$35 for June, July, August and September. Please call us if you have any questions.**

### **Returning to In-Person Services**

**We will most likely begin seeing our participants in-person beginning in October of this year. We may offer the option of continuing to do certain appointments over the phone. As we approach September we will have more information.**

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



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Building Communities

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This institution is an equal opportunity provider

**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**