



# Ensure a strong start for children up to age 5 with WIC.

According to the American Academy of Pediatrics, connecting families to nutrition assistance programs like Women, Infants and Children (WIC) – not only reduces food insecurity, but also serves as a critical support for health, behavior, and learning of children.<sup>1</sup>

**WHAT IS WIC?** Women, Infants and Children (WIC) is a federally funded USDA nutrition program that is administered by the California Department of Public Health.

Our team includes registered dietitians, degreed nutritionists, International Board Certified Lactation Consultants (IBCLC), certified lactation educators, and other trained professionals.

**We can help provide families with:**

**Food Prescription** — \$50 — \$113 in benefits per person, per month to purchase fruits, vegetables, whole grains, low-fat dairy, soy milk, tofu, and iron-rich foods.

**Nutrition Education** — Interactive nutrition education and individual assessment targeted to address the needs of pregnant women and young children.

**Breastfeeding Support** — Education to help families make informed decisions about infant feeding and support to meet their breastfeeding goals.

**Referral Services** — Connections to important, necessary resources like health care, child care, housing, parenting, and more.

**Who should I refer to WIC?** Member(s) of low to moderate income families (living at or below 185% of the Federal Poverty Level), who:

- Are pregnant
- Are breastfeeding a baby under age 1
- Had a baby in the last 6 months
- Have a child under age 5 (including foster children)
- Experienced a pregnancy loss/termination

## 2019 - 2020 INCOME GUIDELINES

To qualify for WIC, families must live in California and meet the following income guidelines:

NUMBER OF PEOPLE IN FAMILY	GROSS MONTHLY INCOME
2	\$2,607
3	\$3,289
4	\$3,970
5	\$4,652
6	\$5,333

Pregnant women count as two people. WIC does not count Basic Allowance for Housing (BAH) for military families. Income guidelines are subject to change. Please check [www.wicworks.ca.gov](http://www.wicworks.ca.gov) for up-to-date information.

## DID YOU KNOW?

- Foster children under the age of 5 are eligible for WIC.
- Military families who meet the requirements are eligible for WIC.
- Families who meet requirements regardless of immigration status may be eligible for WIC.
- Children under the age of 5 who are cared for by fathers, grandparents, or other legal guardians may be eligible for WIC.
- Families who meet the above requirements and receive Medi-Cal, CalWORKS (TANF), CalFresh (Food Stamps/SNAP) may be adjunctively eligible to receive WIC.

## REFER TO WIC TODAY!

Eligible families can begin receiving benefits from WIC immediately following enrollment on the program.

<sup>1</sup>. From Blueprint for Children: How the Next President Can Build a Foundation for a Health Future, American Academy of Pediatrics, September 2016.

# Get Results with WIC

- Women who participate in WIC give birth to healthier babies who are more likely to survive infancy.<sup>2</sup>
- Women who enter WIC in the first trimester of their pregnancy are more likely to begin breastfeeding and continue breastfeeding longer than women who enter in their third trimester.<sup>2</sup>

<sup>2</sup> From Center on Budget and Policy Priorities, WIC Works: Addressing the Nutrition and Health Needs of Low-Income Families for 40 Years, March 2017

In San Diego County, five agencies offer WIC services. Below is the contact information and office locations for each agency.

Visit [www.sdwic.com](http://www.sdwic.com) for updated hours and locations.



**American Red Cross**  
San Diego/Imperial Counties

## North County

Oceanside  
1906 Oceanside Blvd. #TUV  
Oceanside, CA 92054

Melba Bishop Rec. Ctr.  
5306 N. River Rd.  
Oceanside, CA 92057

## Southeast San Diego

Euclid Health Ctr.  
292 Euclid Ave. Ste. 225  
San Diego, CA 92114

## Central San Diego

College Area  
5821 University Ave.  
San Diego, CA 92115

Linda Vista  
7612 Linda Vista Rd. #111  
San Diego, CA 92111

## East County

El Cajon  
564 North 2<sup>nd</sup> St.  
El Cajon, CA 92021

Spring Valley  
8810 Jamacha Blvd. #DEF  
Spring Valley, CA 91977

Lakeside Community Ctr.  
9841 Vine St.  
Lakeside, CA 92040

## Military Locations

Naval Base San Diego (32nd St.)  
(Dryside; uphill from commissary)  
3005 Corbina Alley Bldg. 265  
San Diego, CA 92136

Marine Corps Air Station Miramar  
Chapel Bldg. 5632  
45549 Bauer St.  
Miramar, CA 92145

Camp Pendleton  
Pass & ID Card Bldg. #130132  
(Vandegrift & 14th St.)  
Camp Pendleton, CA 92055

Camp Pendleton  
San Onofre Transition  
Readiness & Career Ctr.  
Bldg. 51919  
Camp Pendleton, CA 92672

1-800-500-6411  
[www.sandiegowic.org](http://www.sandiegowic.org)



**SAN DIEGO STATE  
UNIVERSITY**  
**Research Foundation**

## North County

Escondido  
1131 East Washington Ave. Ste. K  
Escondido, CA 92025

Vista  
1031 S. Santa Fe Ave. Ste. F&G  
Vista, CA 92083

Fallbrook  
504 East Alvarado Ste. 108 & 109  
Fallbrook, CA 92028

## Central San Diego

Southeast  
3598 National Ave.  
San Diego, CA 92113

Logan Heights  
Family Health Center  
(Inside Adobe Building)  
1809 National Ave.  
San Diego, CA 92113

North Park  
3078 El Cajon Blvd. Ste. 100  
San Diego, CA 92104

Clairemont  
5222 Balboa Ave. #22  
San Diego, CA 92117  
Mira Mesa  
10737 Camino Ruiz Ste. 135  
San Diego, CA 92126

## East County

El Cajon  
301 N. Magnolia Ste. 101  
El Cajon, CA 92020

Spring Valley  
9621 Campo Rd. Ste. G  
Spring Valley, CA 91977

## South County

Chula Vista Office  
542 Broadway Ste. Q  
Chula Vista, CA 91910

1-888-999-6897  
[www.sdsuwic.org](http://www.sdsuwic.org)



*We're here for you.*

San Marcos  
150 Valpreda Rd. Ste. 102  
San Marcos, CA 92069

Encinitas  
1130 2nd Ave.  
Encinitas, CA 92024

Oceanside/Mission Mesa  
2210 Mesa Dr. Ste. 100  
Oceanside, CA 92054

Escondido  
649 W. Mission Ave. Ste. 7  
Escondido, CA 92025

Ramona  
1039 D St. Ste. 2  
Ramona, CA 92065

Valley Center  
28246 Lilac Rd.  
Valley Center, CA 92082

1-888-477-6333  
[www.nchs-health.org/WIC](http://www.nchs-health.org/WIC)



City Heights Wellness Center  
4440 Wightman St. Ste. 200  
San Diego, CA 92105

Linda Vista  
6973 Linda Vista Rd. Bldg. C  
San Diego, CA 92111

Chula Vista  
251 Palomar St. Ste. C  
Chula Vista, CA 91911

National City  
2345 E. 8th St. Ste. 107  
National City, CA 91950

619-260-3400  
[WICProgram@scrippshealth.org](mailto:WICProgram@scrippshealth.org)



Chula Vista  
1655 Broadway Ste. 18  
Chula Vista, CA 91911

National City  
1420 East Plaza Blvd. Ste. B4  
National City, CA 91950

San Ysidro  
4494 Camino de la Plaza  
San Ysidro, CA 92173

Maternal & Child Health Center  
4050 Beyer Blvd. 3rd Floor  
San Ysidro, CA 92173

Imperial Beach  
886 Palm Ave.  
Imperial Beach, CA 91932

1-888-942-7942  
[www.syhealth.org](http://www.syhealth.org)