



To locate an office near you, use  
the WIC locator tool:

[sdwic.com](http://sdwic.com)

*Call us toll-free to set up appointment!*

**1-888-999-6897**

Or visit us online

[www.sdsuwic.org](http://www.sdsuwic.org)



This institution is an equal opportunity provider

# San Diego Families Grow Healthy With WIC



## What is WIC?

- WIC is California's Special Supplemental Nutrition Program for Women, Infants, and Children. WIC provides benefits for a variety of nutritious foods that support you and your family to be healthy and active. WIC services are provided at no cost to you.

## What does WIC provide?

- Individual and group nutrition sessions, with many locations offering online nutrition classes.
- Support and information about breastfeeding your baby, including access to breastfeeding educators.
- The California WIC Card to buy healthy foods- such as fresh fruits and vegetables, whole grains, milk, eggs, bread, cereal, juice, peanut butter, soy milk, tofu, and more!
- Referrals to other programs or services, such as childcare, medical and dental care and parenting classes.

You can participate in California WIC if you live in California, meet the income guidelines, and one or more of the following applies:

- You are pregnant
- You are breastfeeding a baby under age 1
- You have had a baby in the last 6 months
- You have a child under age 5
- You have experienced a pregnancy loss within the past 6 months

### Income Guidelines:



NUMBER OF PEOPLE IN FAMILY*	GROSS MONTHLY INCOME
2	\$ 2,658
3	\$ 3,349
4	\$ 4,040
5	\$ 4,730
6	\$ 5,421



\*Pregnant women count as 2 people

## The California WIC Card is HERE!

The CA WIC card allows:

- The family's food benefits to be together on one WIC card.
- The food benefits to be secured electronically in the family account. If card is lost, damaged or stolen family members will not lose their benefits.



The California WIC App will be able to assist you with shopping for your WIC foods. Other features include: reminders about your next appointment, ability to review your existing food balance, and reminders of when your food balance is set to expire.

Find the app in Google Play & the App Store!

## DID YOU KNOW?

- Families who meet the above requirements and receive Medi-Cal, CalWORKS (TANF), or CalFresh (Food Stamps/SNAP) may be automatically eligible for WIC. Give us a call to find out if you qualify!
- Foster children under the age of 5 are eligible for WIC.
- Military families who meet the requirements may be eligible for WIC. Basic Allowance for Housing (BAH) is not included when calculating income for military families.
- Families who meet the requirements may be eligible for WIC regardless of immigration status.
- Children under the age of 5 who are cared for by fathers, grandparents, or other legal guardians may be eligible for WIC.

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