

## Who qualifies for WIC?

- » Women who are pregnant, breastfeeding, or just had a baby in the past 6 months (or pregnancy loss);
- » Children up to 5 years of age including those cared for by mom, dad, a grandparent, foster parent, step-parent or guardian; **and**
- » Families with low to medium income or who receive Medi-Cal, CalWORKS (Cash Aid) or CalFresh (SNAP) benefits; **and**
- » Live in California.



## Check out the California WIC App to:

- » Find out if you are eligible
- » Locate WIC offices
- » Find WIC grocers near you
- » Download for free!



## Where can I find WIC?

WIC has offices throughout California. Call your local WIC office for an appointment and locations near you. Many WIC offices accept walk-in appointments and are open in the evenings or on Saturdays!

To find the nearest WIC office, visit [myfamily.wic.ca.gov](http://myfamily.wic.ca.gov) or call **1-888 WIC-WORKS (1-888-942-9675)** or the local WIC office below:

### Your local WIC office is:

Sacramento County WIC Program

(916) 876-5000

-Oak Park  
-Del Paso Heights  
-South Sacramento  
-Rancho Cordova  
-Elk Grove

[www.sacountywic.net](http://www.sacountywic.net)

Community Resource Project WIC Program

(916)326-5830

-North Highlands  
-Citrus Heights  
-Arden-Arcade  
-Fruitridge  
-Elk Grove  
-41st Avenue  
-Walnut Grove  
-Galt

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



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

1-888-942-9675 | [myfamily.wic.ca.gov](http://myfamily.wic.ca.gov)

#910379 11/19



# California Families Grow Healthy with WIC



# What is WIC?

The Women, Infants, and Children Program (WIC) is a nutrition education program. WIC helps pregnant women, women who just had a baby, and children up to age 5 eat well, be active, and stay healthy. WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children. WIC services are provided at no cost to you.

## WIC services include:

### Nutrition and Health Information

- Prenatal nutrition
- Breastfeeding information
- Healthy eating tips for your family
- Nutritious recipes, plus much more



### Monthly Food Benefits to Get Healthy Foods

- Fruits and vegetables
- Whole grain breads, tortillas, pasta, or brown rice, and more
- Dry beans, peas, or lentils
- Peanut butter
- Milk and juice
- Tofu and soy milk
- Yogurt
- Eggs
- Cheese
- Cereal
- Canned fish
- Baby foods and infant formula



### Breastfeeding Information and Support

This may include:

- Group classes
- One-on-one support from a peer counselor or lactation specialist
- Breast pump loans for qualifying mothers



### Referrals

Help finding healthcare and other helpful community services



**Pregnant women, working families, including military and migrant families, are encouraged to apply!**



**Scan the QR code for more information about infant feeding.**

