

# Families Grow Healthy with WIC!



The Women, Infants, and Children (WIC) Nutrition Program provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information.

## You may qualify if you:

- Are pregnant, breastfeeding, just had a baby; or
- Had a recent pregnancy loss; or
- Have a child or care for a child under age 5; **and**
- Have low-to-medium income; or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; **and**
- Live in California

Visit [www.MyFamily.WIC.ca.gov](http://www.MyFamily.WIC.ca.gov) or call **1-888-942-9675** for more information.



Newly pregnant individuals, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.

## Local Agency Information:

Community Resource Project WIC

Providing services at 8 locations in Sacramento County

Call us at 916-326-5830 or apply on-line



California Department of Public Health, California WIC Program

*This institution is an equal opportunity employer.*

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

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