



# FAMILIES GROW HEALTHY WITH WIC



## What is WIC?

The Women, Infants, and Children (WIC) Supplemental Nutrition Program is for women who are pregnant, breastfeeding, or who have had a recent pregnancy loss; and for children under 5 years old.

WIC Income Guidelines	
Number of Persons in Family Unit	Annual (Before Tax)
2	\$32,227
3	\$40,626
4	\$49,025
5	\$57,424

April 15, 2021 – June 30, 2022  
*\*Income guidelines change annually.  
 Unborn children are counted in family total.*

## WIC offers families at no cost:

- WIC card to buy healthy foods
- Nutrition and health information
- Referrals to health care and other community resources
- Breastfeeding support

California Department of Public Health/WIC contracts with the following agencies to deliver WIC services in Orange County.



**Working families and Migrants are welcome to apply!**

To learn more and see if you qualify, visit:  
[www.MyFamily.WIC.ca.gov](http://www.MyFamily.WIC.ca.gov)

For WIC information and office locations call:  
**1-888-WIC-WORKS**  
**(1-888-942-9675)**



WIC is an equal opportunity provider