



FAMILIES GROW HEALTHY WITH WIC



What is WIC?

The Women, Infants, and Children (WIC) Supplemental Nutrition Program is for individuals 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	\$36,482
3	\$45,991
4	\$55,500
5	\$65,009

April 1, 2023 to June 30, 2024

**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



Working families and Migrants are welcome to apply!

To learn more and see if you qualify, visit:

www.MyFamily.WIC.ca.gov

For WIC information and office locations call:

**1-888-WIC-WORKS
(1-888-942-9675)**