



# 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	\$37,814
3	\$47,767
4	\$57,720
5	\$67,673

April 1, 2024 to June 30, 2025

*\*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](http://www.MyFamily.WIC.ca.gov)**

For WIC information and office locations call:

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