



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 | \$30,451 |
| 3 | \$38,443 |
| 4 | \$46,435 |
| 5 | \$54,427 |

April 3, 2018 – June 30, 2019

**Income guidelines change annually.*

Unborn children are counted in family total.



Working families are welcome to apply!

WIC offers families at no cost:

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

WIC is an equal opportunity provider

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

To learn more and see if you qualify, visit: m.wic.ca.gov

For WIC information and office locations call:

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

