

# 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.



California Department of Public Health,  
California WIC Program



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opportunity provider. Rev 11/21*



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