

Goodbye Paper Checks,

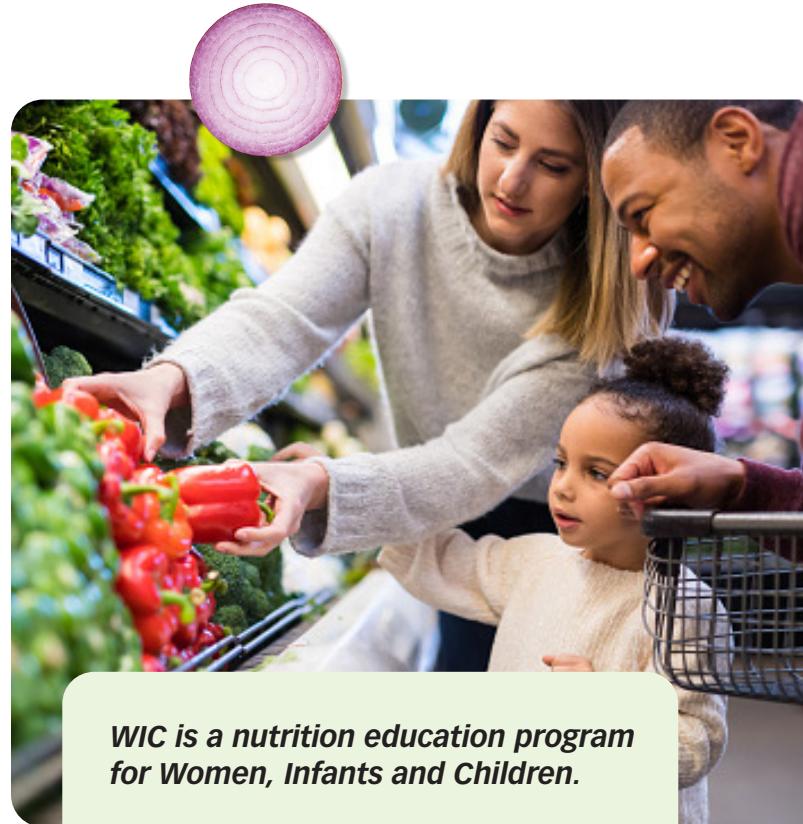
Hello WIC Card!



Families can now get the new California WIC Card at their local Women, Infants and Children (WIC) office. Flexible shopping and easier checkout at the grocery store!

YES!

Newly pregnant women, working families, including military and migrant families are encouraged to apply!



WIC is a nutrition education program for Women, Infants and Children.

WIC Benefits Include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to healthcare and community services

You May Qualify If You:

- Are pregnant, breastfeeding, or just had a baby;
- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
- Have low to medium income; and/or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; and
- Live in California

Sacramento County WIC Program

(916) 876-5000

www.saccountywic.net



This institution is an equal opportunity provider.