

Attention Families with Young Children!

DON'T MISS OUT ON WIC FOOD BENEFITS



What is WIC?

- As an essential part of the nation's nutrition safety net, the WIC Program provides benefits to low-income and nutritionally at-risk populations to receive healthy, nutritious food, nutrition education and breastfeeding support.



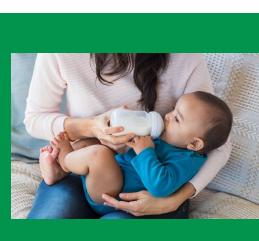
Who is eligible for WIC?

- Pregnant women, breastfeeding woman, non-breastfeeding, postpartum women, infants, and children up to 5 years old.
- Families mentioned above, as well as dads and caretakers of children up to 5 years old, whose income is no more than 185% of the federal poverty level.
- Applicants who already receive CalFresh Food benefits, Medicaid, or other cash assistance are considered income-eligible for WIC.



Can you have WIC and CalFresh Food benefits simultaneously?

- Yes! In fact, if you qualify for WIC, you are encouraged to apply for CalFresh food benefits as well.



What foods can WIC benefits buy?

- The foods provided through the WIC Program are designed to supplement diets with specific nutrients: baby foods, iron-fortified cereal, fruits and vegetables, eggs, milk, cheese, yogurt, tofu, peanut butter, dried and canned beans/peas, canned fish, whole wheat bread and other whole-grain options.
- For infants of women who do not fully breastfeed, WIC provides iron-fortified infant formula.

Are there additional benefits WIC provides?

- Participants have access to resources including: health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referrals, and more.
- **To learn more and see if you qualify for WIC, visit the WIC website at <https://www.fns.usda.gov/wic>**



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GetCalFresh.org to
apply online



Call **1-877-847-3663 (FOOD)**



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