



GROWING HEALTHY FAMILIES

ALL CAREGIVERS ARE WELCOME

WIC is for anyone with child dependents, including parents, grandparents, foster parents, and stepparents, as well as parents who are pregnant, postpartum, or suffering the loss of a recent pregnancy.

WIC OFFERS FREE, NUTRITIOUS FOODS

Women and Children (1-5 years):	Whole Wheat Bread, Tortillas, Cereal, Milk, Eggs, Yogurt, Tofu, Cheese, Juice, Peanut Butter, Beans, Fruits and Vegetables
Breastfeeding Infants:	Infant Cereal and Jarred Infant Meats, Fruits and Vegetables
Non-Breastfed Infants:	Formula, Infant Cereal and Jarred Infant Fruits and Vegetables



WIC STAFF CARE AND SUPPORT YOU BY OFFERING

Nutrition and breastfeeding tips, recipes, and connections to health care providers and other community programs.



WIC IS FOR ALL TYPES OF FAMILIES

WIC does not require proof of citizenship or immigration status. Check out our income guidelines and contact us today!

Family Size	Weekly	Monthly	Yearly
1	\$536	\$2,322	\$27,861
2	\$728	\$3,152	\$37,814
3	\$919	\$3,981	\$47,767
4	\$1,110	\$4,810	\$57,720
5	\$1,302	\$5,640	\$67,673
6	\$1,493	\$6,469	\$77,626
For each additional family member add:	\$192	\$830	\$9,953

TO FIND A WIC CLINIC NEAR YOU:



bit.ly/WICOfficeLocator or call the automated office locator line:
1-800 323-4769 (voice)
1-866-295-6817 (TTY)