

WIC Families are Healthy Families Because:

- ▶ WIC helps families get free nutritious foods.
- ▶ WIC helps families make their money go further.
- ▶ WIC helps new moms with breastfeeding.
- ▶ WIC women are more likely to have healthier babies.
- ▶ WIC families learn new ways to make healthy meals and snacks.
- ▶ WIC children get a head start on good health.
- ▶ WIC helps families find health care.
- ▶ WIC helps families learn about other resources and services in their communities.



Where can I find WIC?

WIC has local offices all over California. Call the toll free number below or check our website for more information and to find the WIC office location closest to your home.



Call Toll Free
1-888-WIC-WORKS
1-888-942-9675

or
Check Our Website
www.wicworks.ca.gov

Your local WIC agency is:

WOMEN, INFANTS, AND CHILDREN PROGRAM
Nevada County Health Department
10433 Willow Valley Road, Ste. B
Nevada City, CA 95959-2399
(530) 265-1454

Gray Davis
Governor
State of California

Grandland Johnson
Secretary
Health and Human Services Agency

Diana M. Bontá, R.N., Dr.PH.
Director
Department of Health Services



WIC is an equal opportunity program.
Developed by the California Department of Health Services,
Women, Infants, and Children Supplemental Nutrition Program (WIC)
1901 Lenoire Drive
Sacramento, CA 95834

Item Code 4810054 Sacramento, CA 95834

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California

WIC Works Wonders For You and Your Child



California Women, Infants, and Children (WIC)
Supplemental Nutrition Program

Good nutrition is important for pregnant women and growing children. The WIC program can help...



What Is WIC?

WIC, the Women, Infants, and Children program, is a nutrition program that helps pregnant women, mothers with new babies, and young children eat well and stay healthy.



What Can You Get at WIC?

- ▶ Special checks to buy healthy foods such as milk, juice, eggs, cheese, cereal, dry beans and peas, and peanut butter.
- ▶ Information about nutrition and health to help you and your family eat well and be healthy.
- ▶ Support and information about breastfeeding your baby.
- ▶ Help in finding health care and other community services.

Who Can WIC Help?

Women and their children who need better nutrition and who are:

- ▶ Pregnant, breastfeeding, or just had a baby;
- ▶ Children under 5 years old (including foster children);
- ▶ Families with a low to medium income. Working families may qualify.



How Do You Apply for WIC Services?

Call to make an appointment. At your WIC appointment, WIC staff will check to see if you and your family qualify.

Call (530) 265-1454

or
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or check out our website at
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for more information.

