



FAMILIES GROW HEALTHY WITH WIC



What is WIC?

The Women, Infants, and Children (WIC) Supplemental Nutrition Program is for women who are pregnant, breastfeeding, or who have had a recent pregnancy loss; and for children under 5 years old.

WIC Income Guidelines

Number of Persons in Family Unit	Annual (Before Tax)
2	\$33,874
3	\$42,606
4	\$51,338
5	\$60,070

April 1, 2022 to June 30, 2023

**Income guidelines change annually.*

Unborn children are counted in family total.

WIC offers families at no cost:

- WIC card to buy healthy foods
- Nutrition and health information
- Referrals to health care and other community resources
- Breastfeeding support

California Department of Public Health/WIC contracts with the following agencies to deliver WIC services in Orange County.



Working families and Migrants are welcome to apply!

To learn more and see if you qualify, visit:

www.MyFamily.WIC.ca.gov

For WIC information and office locations call:

1-888-WIC-WORKS

(1-888-942-9675)



WIC is an equal opportunity provider

April 2022