



# 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	\$31,284
3	\$39,461
4	\$47,638
5	\$55,815

April 1, 2019 – June 30, 2020

*\*Income guidelines change annually.*

*Unborn children are counted in family total.*



## WIC offers families at no cost:

- Checks 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: [m.wic.ca.gov](http://m.wic.ca.gov)

For WIC information and office locations call:

**1-888-WIC-WORKS**  
(1-888-942-9675)



Affiliated with Mission Hospital, St. Joseph Health



a program of Heluna Health



Orange and San Bernardino Counties

WIC is an equal opportunity provider