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

<table>
<thead>
<tr>
<th>Number of Persons in Family Unit</th>
<th>Annual (Before Tax)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>$31,284</td>
</tr>
<tr>
<td>3</td>
<td>$39,461</td>
</tr>
<tr>
<td>4</td>
<td>$47,638</td>
</tr>
<tr>
<td>5</td>
<td>$55,815</td>
</tr>
</tbody>
</table>

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

Working families and Migrants are welcome to apply!

To learn more and see if you qualify, visit: m.wic.ca.gov

For WIC information and office locations call:

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

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

WIC is an equal opportunity provider