



# 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

<b>Women and Children (1-5 years):</b>	Whole Wheat Bread, Tortillas, Cereal, Milk, Eggs, Yogurt, Tofu, Cheese, Juice, Peanut Butter, Beans, Fruits and Vegetables
<b>Breastfeeding Infants:</b>	Infant Cereal and Jarred Infant Meats, Fruits and Vegetables
<b>Non-Breastfed Infants:</b>	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	\$519	\$2,248	\$26,973
2	\$702	\$3,041	\$36,482
3	\$885	\$3,833	\$45,991
4	\$1,068	\$4,625	\$55,500
5	\$1,251	\$5,418	\$65,009
6	\$1,434	\$6,210	\$74,518
<b>For each additional family member add:</b>	\$183	\$793	\$9,509

## TO FIND A WIC CLINIC NEAR YOU:



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