

# Women, Infants, and Children (WIC) Services

The California Women, Infants, and Children (WIC) program gives families healthy food and teaches them how to eat well and stay healthy at no cost.

## Who can get help?

You can get help if you:

- Are pregnant or breastfeeding / chestfeeding
- Had a baby or lost a pregnancy in the past 6 months
- Have or care for a child under 5 years old; this includes grandparents and foster parents

You must:

- Live in California, and
- Have low-to-medium income and get one of the following: Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits; this includes working families and families of farm workers



## How does WIC help you?

WIC offers many things that can differ by county, such as:

- Tips on healthy eating and parenting
  - Get parenting resources at [www.myfamily.wic.ca.gov/NutritionHealth](http://www.myfamily.wic.ca.gov/NutritionHealth)
- Breastfeeding / chestfeeding support, breast pumps for loan, Breastfeeding Peer Counseling with 1-on-1 lactation support
  - To see helpful resources like a Breastfeeding Booklet, visit the [Pregnancy and Breastfeeding page](#) on the Partnership website or scan QR code.
- Referrals to health care and helpful local services
- Farmers Market Nutrition Program for fresh fruits and veggies in the summer



## Find local WIC services

For resources in your county and to find local WIC offices, visit the Partnership website. Click on the “Community” tab to find the [Community Resources](#) page. Choose your county, then look for the “Perinatal” section.

To apply, visit your local WIC office or call **(800) 852-5770**. To learn more about WIC and how to apply, visit [www.myfamily.wic.ca.gov](http://www.myfamily.wic.ca.gov).