

Women, Infants, and Children (WIC) Services

The California Women, Infants, and Children (WIC) program provides healthy food and education to those who are pregnant, breastfeeding, postpartum, and families with children under age 5. Partners, grandparents, foster parents, migrants, and working families can also get help from WIC!

How to get WIC Services

You must live in California. To apply, members can visit their local WIC office or call **(800) 852-5770**.

Applicants must:

- Currently be pregnant, or breastfeeding
- Have had a baby, or a pregnancy loss, in the past 6 months
- Have a child under age 5
- Have low-to-medium income, or get Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits

How WIC Supports Families

WIC offers many services to help parents and children. Services vary by county, but include:

- Education on health, nutrition, and parenting
 - Get parenting resources, including information on baby and toddler behaviors online at www.myfamily.wic.ca.gov/NutritionHealth
- Breastfeeding/chest feeding support, breast pumps for loan, breastfeeding peer counseling with 1:1 lactation support
 - Get a detailed Breastfeeding Booklet, including resources in your county, on Partnership's website [here](#)
- Referrals to health care and helpful community services
- Farmer's Market Nutrition Program for extra fresh produce during the summer months

Find Local WIC Services

To find local WIC offices and additional resources in your county, visit the Partnership website and click on the "Community" tab to find the [Community Resources page](#). Select your county, then look for the "Perinatal" section. To learn more about WIC services and how to apply, visit www.myfamily.wic.ca.gov.

Providers: Connect with your local WIC office to build relationships for easy referrals!

For provider-specific information and referral forms, visit the [CDPH Health Care Provider WIC](#) page and see the [WIC referral Pamphlet](#). For additional information on prescribing therapeutic formulas, see our [Provider Cheat sheet](#).