**WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM FACT SHEET**

YOUR LOGO HERE

WIC provides eligible families with nutrition education, breastfeeding support, referrals to health care and community services, and a WIC card to buy healthy foods. The WIC card can be used to buy fruits and vegetables, whole grains, milk, eggs, yogurt, and more.

**Who is eligible for WIC?**

WIC serves people who live in California, meet the income guidelines, and:

* Are pregnant
* Are breastfeeding a baby under age 1
* Had a baby in the last six (6) months
* Have a child under five (5), including foster children
* Had a miscarriage or termination in the last six (6) months

Visit [myfamily.wic.ca.gov](https://myfamily.wic.ca.gov) and use the “Am I Eligible?” calculator to see if you are eligible for WIC.

**How do I apply for WIC?**

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| Hand holding a phone | **Phone:** Call 1-888-WIC-WORKS (1-888-942-9675) to enroll by phone or to find your local WIC office. |
| Computer icon | **Online:** Visit [signupwic.com](https://signupwic.com/) to enroll in WIC online, or find the phone number to your local WIC office. |

**What other information should I know?**

* WIC benefits are increasing temporarily for Summer 2021! From June through September, every WIC participant 12 months of age and older will receive $35 to spend on fruits and vegetables, in addition to all the other WIC foods.
* WIC benefits are available to all eligible families affected by COVID-19. If your income has been affected by recent events and you are pregnant or have a child under 5, WIC can help provide nutritious foods and more resources to keep your growing family healthy.
* WIC is not just for women. Fathers, stepparents, grandparents, guardians, caretakers, and foster parents with a child under 5 are welcome to sign up and participate in WIC for their qualifying children.
* Not everything at the grocery store is eligible for purchase using the WIC card. Visit [myfamily.wic.ca.gov](https://myfamily.wic.ca.gov/) and select “Shopping for WIC Foods” to learn more about the approved food list.
* Pregnant parents and children who receive CalFresh Food benefits automatically qualify for WIC.

Visit the [**myfamily.wic.ca.gov**](https://myfamily.wic.ca.gov/) for questions and more information about WIC