

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

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 and use the “Am I Eligible?” calculator to see if you are eligible for WIC.

How do I apply for WIC?



Phone: Call 1-888-WIC-WORKS (1-888-942-9675) to enroll by phone or to find your local WIC office.



Online: Visit 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 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 for questions and more information about WIC