Women, Infants, and Children (WIC) Supplemental Nutrition Program

Need Extra Help Buying Groceries?

You may qualify for WIC!

- Are you Pregnant?
- Just Had a Baby?
- Have Infant/Children/Foster Children Under Age 5?
- Have a Limited Income?

Then... you may qualify for the many no cost services of the WIC Program.

WIC Services Include:
- WIC Card to buy healthy foods
- Nutrition information
- Breastfeeding education and support (Lactation Services)
- Referrals to health and community services

Migrants and Many Working Families May Qualify!

You may automatically qualify if you receive Medi-Cal, CalFresh or CalWorks.

You may qualify if your income is equal to or less than:

<table>
<thead>
<tr>
<th>Number of Persons in Family Unit</th>
<th>Annual Income</th>
<th>Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$23,606</td>
<td>$1,968</td>
</tr>
<tr>
<td>2</td>
<td>$31,894</td>
<td>$2,658</td>
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<tr>
<td>3</td>
<td>$40,182</td>
<td>$3,349</td>
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<tr>
<td>4</td>
<td>$48,470</td>
<td>$4,040</td>
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<tr>
<td>5</td>
<td>$56,758</td>
<td>$4,730</td>
</tr>
</tbody>
</table>

Contact us:
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- **Lincoln**
  110 Gateway Ste 210
- **Rocklin**
  1000 Sunset Blvd. Suite 150
- **Kings Beach**
  265 Bear Street

Call:
- (916) 784-6447
- (530) 889–7187

Email:
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Call for more information and see how WIC can help you and your family!

This institution is an equal opportunity provider.