



People in the early months of pregnancy, migrants, and working families are encouraged to apply.

Ensure a strong start for children up to age 5 with WIC.

WHAT IS WIC?

Women, Infants and Children (WIC) is a federally funded USDA nutrition program that is administered by the California Department of Public Health. Our team includes registered dietitians, degreed nutritionists, International Board Certified Lactation Consultants (IBCLC), certified lactation educators and other trained professionals.

We can help provide families with:

Food Prescription

\$50 – \$100 in benefits per person, per month to purchase fruits, vegetables, whole grains, low-fat dairy or soy milk, tofu, and iron-rich foods.

Nutrition Education

Interactive nutrition education and individual assessment targeted to address the needs of pregnant women and young children.

Breastfeeding Support

Education to help families make informed decisions about infant feeding and support to meet their breastfeeding goals.

Referral Services

Connections to important, necessary resources like health care, child care, housing, parenting, and more.

WHO QUALIFIES FOR WIC?*

Member(s) of low to moderate income families (living at or below 185% of the Federal Poverty Level, as outlined by the 2023-2024 income guidelines) in California who:

- Are pregnant
- Have a child under age 5 (including foster children)
- Are breastfeeding a baby under age 1
- Had a baby in the last 6 months
- Experienced a pregnancy loss/termination
- Are fathers, grandparents or other legal guardians of children under the age of 5
- Are military families
- Meet requirements regardless of immigration status
- Meet the above requirements and receive Medi-Cal, CalWORKs (TANF) and/ or CalFresh (Food Stamps/SNAP)

2023-2024 INCOME GUIDELINES

NUMBER OF PEOPLE IN FAMILY	GROSS MONTHLY INCOME
2	\$3,041
3	\$3,833
4	\$4,625
5	\$5,418
6	\$6,210

Pregnant women count as two people. WIC does not count Basic Allowance for Housing (BAH) for military families. Income guidelines are subject to change.

Please check www.wicworks.ca.gov for up-to-date information.

*Eligible families can begin receiving benefits from WIC immediately following enrollment on the program!

Get Results with WIC

In San Diego County, five agencies offer WIC services.
Below is the contact information and office locations for each agency.

Visit www.sdwic.com for updated hours and locations.



American Red Cross
San Diego/Imperial Counties



SAN DIEGO STATE
UNIVERSITY
Research Foundation



1-800-500-6411
www.sandiegowic.org

1-888-999-6897
www.sdsuwic.org

1-619-260-3400
WICProgram@
scrippshealth.org

1-888-477-6333
[www.truecare.org/
programs-resources/wic/](http://www.truecare.org/programs-resources/wic/)

North County

Oceanside
1906 Oceanside Blvd. #TUV
Oceanside, CA 92054

Southeast San Diego

Euclid Health Ctr.
292 Euclid Ave. Ste. 225
San Diego, CA 92114

Central San Diego

College Area
5821 University Ave.
San Diego, CA 92115

East County

El Cajon
564 North 2nd St.
El Cajon, CA 92021

Spring Valley
8810 Jamacha Blvd. #DEF
Spring Valley, CA 91977

North County

Escondido
1131 East Washington Ave. Ste. K
Escondido, CA 92025

Vista

1031 S. Santa Fe Ave. Ste. F&G
Vista, CA 92083

Fallbrook

504 East Alvarado Ste. 108 & 109
Fallbrook, CA 92028

Central San Diego

Southeast

3598 National Ave.
San Diego, CA 92113

Logan Heights

Family Health Center
(Inside Adobe Building)
1809 National Ave.
San Diego, CA 92113

North Park

3078 El Cajon Blvd. Ste. 100
San Diego, CA 92104

Clairemont

5222 Balboa Ave. #22
San Diego, CA 92117

Mira Mesa

10737 Camino Ruiz Ste. 135
San Diego, CA 92126

East County

El Cajon
301 N. Magnolia Ste. 101
El Cajon, CA 92020

Spring Valley

9621 Campo Rd. Ste. G
Spring Valley, CA 91977

South County

Chula Vista Office
542 Broadway Ste. O
Chula Vista, CA 91910

City Heights
4305 University Ave. Ste
130 San Diego, CA 92105

Linda Vista
6973 Linda Vista Rd. Bldg. C
San Diego, CA 92111

Chula Vista
251 Palomar St. Ste. C Chula
Vista, CA 91911

National City
2411 E. Plaza Blvd. National
City, CA 91950



1-888-942-7942
[www.syhealth.org/
nutrition-services](http://www.syhealth.org/nutrition-services)

Alpine
1620 Alpine Blvd. Ste. 211
Alpine, CA 91901

Chula Vista
1655 Broadway Ste. 18
Chula Vista, CA 91911

National City
1420 East Plaza Blvd. Ste. B4
National City, CA 91950

Maternal & Child Health Center
4050 Beyer Blvd. 3rd Floor
San Ysidro, CA 92173

Imperial Beach
886 Palm Ave.
Imperial Beach, CA 91932

San Marcos
150 Valpreda Rd. Ste. 102
San Marcos, CA 92069

Encinitas
1130 2nd Ave.
Encinitas, CA 92024

Oceanside/Mission Mesa
2210 Mesa Dr. Ste. 100
Oceanside, CA 92054

Escondido
649 W. Mission Ave. Ste. 7
Escondido, CA 92025

Ramona
220 Rotanzi St.
Ramona, CA 92065

Valley Center
28246 Lilac Rd.
Valley Center, CA 92082



Did you know?

Women who enter WIC in the first trimester of their pregnancy are more likely to begin and continue breastfeeding longer than women who enter in their third trimester.**

**From Center on Budget and Policy Priorities, WIC Works: Addressing the Nutrition and Health Needs of Low-Income Families for 40 Years, March 2017

More about WIC:

