



# The Women, Infants, and Children Program (WIC)



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Research Foundation



American Red Cross  
San Diego and Imperial  
Counties



Clinicas de Salud  
Del Pueblo, Inc.



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# What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children

- 1** One-on-One Tailored Nutrition Counseling
- 2** Healthy Foods
- 3** Breastfeeding Support
- 4** Referrals to Health & Community Services



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



[wicwork.ca.gov](http://wicwork.ca.gov)



## Who may qualify for WIC?

- People who are pregnant
- Breastfeeding parents up to 1 year
- Postpartum parents up to 6 months
- Those who recently experienced pregnancy loss
- Children ages 0 to 5



# Eligibility Overview

Number of people in family	Gross monthly income (as of 2023)
2	\$3,152
3	\$3,981
4	\$4,810
5	\$5,640
6	\$6,469

**1** Category

**2** Income

**3** Live in California\*



\*You may meet requirements regardless of immigration status



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# Automatic Income Eligibility

Current participation in one of these programs can be used to determine income eligibility.

- Medi-Cal
- California Work Opportunity and Responsibility to Kids (CalWORKs)
- CalFresh (SNAP)
- USDA Food Distribution Program on Indian Reservations (FDPIR)



# San Diego/Imperial County WIC Agencies



- SDSU Research Foundation**
- American Red Cross**
- True Care**
- Scripps Mercy**
- San Ysidro Health**
- Clínicas de Salud del Pueblo**



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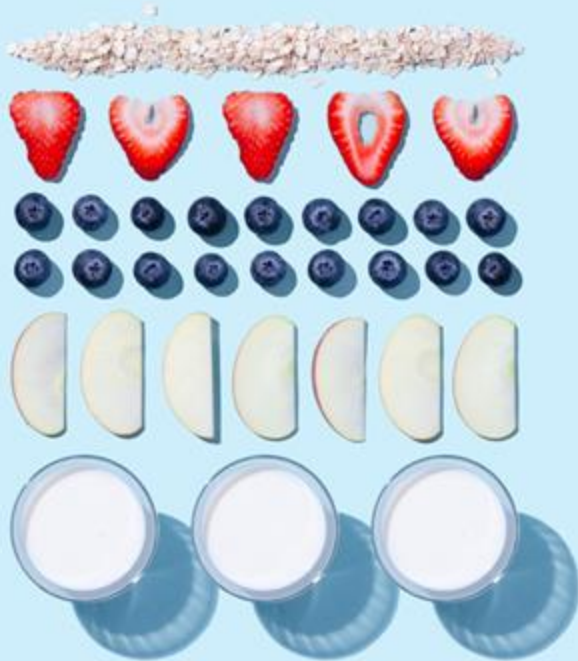


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# Meet the WIC Staff

- 1 Registered Dietitians
- 2 Degreed Nutritionists/Certified Nutrition Assistants
- 3 Lactation Educator Counselors/IBCLC's\*
- 4 Breastfeeding Peer Counselors\*





# Nutrition Education at WIC

**1** Group Classes

**2** Individual Counseling

**3** Telehealth







# Breastfeeding Support

- Breastfeeding Classes
- Breastfeeding Helpline
- Breast Pumps
- Highly Trained Staff
- Peer Counseling\*



# Infant Feeding

WIC helps families make an informed choice about infant feeding and provides supplemental formula when needed.



Source: USDA WIC Image Gallery



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# Healthy Foods





Questions?



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**Thank you!**



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