



The Women, Infants, and Children Program (WIC)



SAN DIEGO STATE
UNIVERSITY
Research Foundation



American Red Cross
San Diego and Imperial
Counties

Innercare
Making life healthy from the inside out



Health inside. Welcome in.
truecare™



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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



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 2024)
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
Innercare



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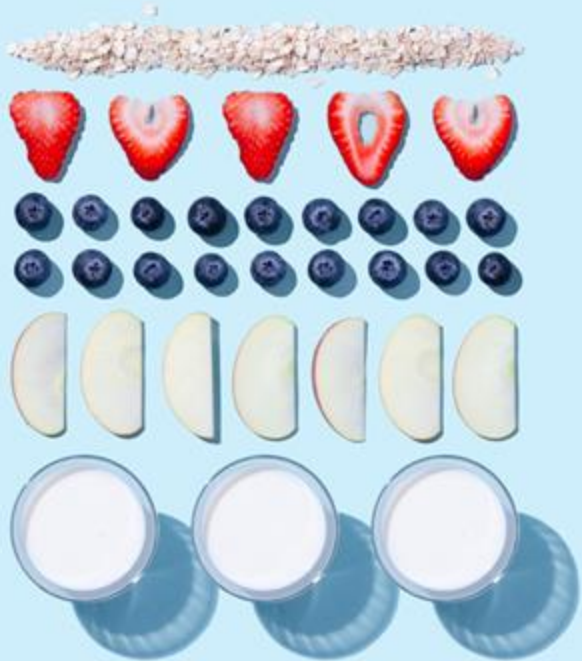


wicwork.ca.gov

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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Questions?



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Thank you!



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