



WE CAN HELP!



Food Benefits
 \$50 – \$100 cash value per person for nutritious foods, loaded monthly onto a CA WIC card and mobile app.



Nutrition
 Ongoing nutrition support tailored to your family by trained professionals, like Registered Dietitians and Degreed Nutritionists.



Breastfeeding
 Trained breastfeeding counselors share the benefits of breastfeeding and offer practical advice and support.



Referrals
 Connection to important resources to raise a family, like healthcare, childcare, housing and parenting support.

ABOUT US

WIC can help your family with extra food. You get a special card that you can use to buy specific foods, like (canned) milk, beans or lentils, and fruits and vegetables. WIC is for families with babies and children up to 5 years old, and women who are pregnant, breastfeeding or gave birth or lost a pregnancy within the last 6 months. Families must live in San Diego to get WIC in San Diego.

Do you qualify?
 Scan this QR code
 to see .



2024
 TO
2025

Number of people in family **Gross monthly income**

2	\$3,152
3	\$3,981
4	\$4,810
5	\$5,640
6	\$6,469



619-260-3400
WICProgram@scrippshealth.org

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



888-477-6333
truecare.org/programs-resources/wic/

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 Street
Ramona, CA 92065



888-942-7942
syhealth.org/nutrition-services

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 Ctr.
4050 Beyer Blvd. 3rd Floor
San Ysidro, CA 92173

Imperial Beach
886 Palm Ave.
Imperial Beach, CA 91932



American Red Cross
San Diego and Imperial
Counties

800-500-6411
www.sandiegowic.org

Oceanside
1906 Oceanside Blvd.
#TUV
Oceanside, CA 92054

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

College Area
5821 University Ave.
San Diego, CA 92115

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

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



**Research
Foundation**

888-999-6897
www.sdsuwic.org

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

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. Q
Chula Vista, CA 91910

Central San Diego

Southeast
3598 National Ave.
San Diego, CA 92113

Logan Heights
Family Health Center
(Inside Adobe Bldg)
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