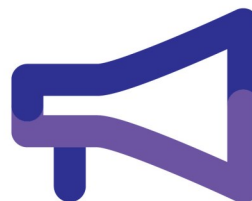


Unemployed? Hours Cut? Furloughed?

WIC



WIC IS HERE FOR YOU
DURING THE
COVID-19 OUTBREAK

Can

Help!



Newly pregnant women, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.

WIC Benefits Include:

- Healthy foods
- Nutrition & health information
- Breastfeeding support
- Referrals to healthcare & community services

You May Qualify If You:

- Are pregnant, breastfeeding, or just had a baby
- Have a child under 5

AND

- Have low to medium income AND/OR
- Receive Medi-Cal, Calworks, or CalFresh
- Live in California myfamily.wic.ca.gov



Appointments completed by phone! WIC Benefits card can be mailed to you. Utilize the WIC APP to monitor your benefits, locate stores, and check your appointments.

Call today to see if you qualify & to make an appointment.

(707) 431-0831



wic.alliancemed.org



This institution is an equal opportunity provider