Did you know…?

- WIC uses an electronic card and app instead of paper checks.
- WIC can issue food benefits remotely so participants do not have to come in to the clinic during quarantine.
- WIC sites can help eligible families enroll over the phone.
- WIC participants have access to on-line quality information and videos in different languages.
- Breastfeeding support is available, including peer counseling, lactation consultant care, quality breast pumps and warm line support.

Have you heard…?

- Mothers are encouraged to breastfeed during COVID-19. It’s important that all families have the information and support they need to breastfeed well with protective measures such as hand hygiene and wearing a mask while feeding. **WIC provides support and information you can trust.**
- Formula packages provided by WIC are *supplemental only*. Many mothers are building up their maternal milk supply for security against temporary shortages. **WIC can help mothers with milk supply challenges and re-lactation plans.**
- California WIC has expanded access to foods for WIC participants to protect access to nutrition during temporary shortages. Options include dozens of expanded choices in foods and sizes. Find out more here: [https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/TemporaryAPLExpansion.aspx](https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/TemporaryAPLExpansion.aspx)

Do you qualify for WIC?

Program participants must meet income guidelines and be in any of the categories below:

- A pregnant woman
- A woman breastfeeding a baby under 1 year of age
- A woman who had a baby or was pregnant in the past 6 months
- A baby up to his or her first birthday
- A child up to his or her fifth birthday

**Set up an appointment at a WIC local agency near you!**
Visit our mobile-friendly website at [m.wic.ca.gov](https://m.wic.ca.gov) to find a WIC local agency site near you.