The Women, Infants, & Children (WIC) program is a supplemental nutrition program to help pregnant women, infants, and children (up to age five) eat well, stay healthy, and be active.

At no cost, WIC provides you and your family with food, education, and resources, including:

**Nutrition Education**
Nutrition tips and healthy recipes, cooking classes and demonstrations, and a weight loss program.* Online education available.

**Breastfeeding Support**
Individual support, group discussions, breast pumps, Help Line, and online help. Peer counseling* available at some WIC offices.

**Groceries**
Checks for nutritious foods—fresh fruits & vegetables, whole grains, cereal, baby food, milk, peanut butter, beans, juice, tofu, and soy milk.

**Community Resources**
Referrals to other resources in the community for things like childcare, medical and dental care, parenting, and more.

You could be eligible!
WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under five, you can apply for WIC. Migrant families welcome!

For more details about the California WIC Program, log on to: www.wicworks.ca.gov

In San Diego County, there are five agencies that offer WIC services — serving nearly 100,000 people per month. To qualify for WIC, families must meet income guidelines and live in California.

**WIC Income Guidelines**
WIC does not include Basic Allowance for Housing (BAH) for military families. Pregnant women count as 2 people.

<table>
<thead>
<tr>
<th>Number of people in family</th>
<th>Gross monthly income</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>$2,456</td>
</tr>
<tr>
<td>3</td>
<td>$3,098</td>
</tr>
<tr>
<td>4</td>
<td>$3,739</td>
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<tr>
<td>5</td>
<td>$4,380</td>
</tr>
<tr>
<td>6</td>
<td>$5,022</td>
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</tbody>
</table>

Income guidelines subject to change. Please check www.wicworks.ca.gov for up-to-date information.

Call us to make an appointment today!
See reverse for agency locations and phone numbers.

You can also locate a San Diego WIC office near you with our locator tool: [http://sdwic.com](http://sdwic.com)

*Class offerings and breastfeeding services may vary between WIC agencies.*
North County
Oceanside
1906 Oceanside Blvd.
Oceanside, CA 92054
Poway Community Center
13094 Civic Center Dr.
Poway, CA 92064
Mesa Margarita Comm. Ctr.
Melba Bishop Rec. Ctr.
5306 N. River Rd.
Oceanside, CA 92057

East County
El Cajon
564 North 2nd St.
El Cajon, CA 92021
Spring Valley
8810 Jamacha Blvd.
Spring Valley, CA 91977
Lakeside Community Ctr.
9841 Vine St.
Lakeside, CA 92040

Central San Diego
College Area
5821 University Ave.
San Diego, CA 92115
Linda Vista
7612 Linda Vista Rd.
San Diego, CA 92111

Southeast San Diego
Escondido
1131 East Washington Ave., Ste. K, Escondido, CA 92025
Vista Community Clinic - Women’s Ctr.
1000 Vale Terracce, Vista, CA 92084
Fallbrook
1328 South Mission Rd., Fallbrook, CA 92028

South County
Chula Vista
542 Broadway, Ste. Q, Chula Vista, CA 91910
Southeast San Diego
3177 Oceanview Blvd., San Diego, CA 92113
Logan Heights Family Health Center
1809 National Ave., San Diego, CA 92113 (Inside Adobe Building)

North Park
3078 El Cajon Blvd., Ste. 100, San Diego, CA 92104

East County
El Cajon
321 Van Houten Ave., El Cajon, CA 92020
Spring Valley
9621 Campo Rd., Ste. G, Spring Valley, CA 91977

San Marcos
150 Valpreda Rd., Ste. 102, San Marcos, CA 92069
Encinitas
285 N. El Camino Real, Ste. 111, Encinitas, CA 92024
Oceanside/Mission Mesa
2210 Mesa Dr., Ste. 3, Oceanside, CA 92054
Escondido
649 W. Mission Ave., Ste. 7, Escondido, CA 92025
Ramona
1721 Main St., Ste. 110, Ramona, CA 92065
Valley Center
28246 Lilac Rd., Valley Center, CA 92082
Borrego Springs Elementary School
1315 Palm Canyon Rd., Borrego Springs, CA 92004

1-800-500-6411 • www.sandiegowic.org

To locate a San Diego WIC office near you, use our locator tool: http://sdwic.com

San Marcos
150 Valpreda Rd., Ste. 102, San Marcos, CA 92069

Encinitas
285 N. El Camino Real, Ste. 111, Encinitas, CA 92024

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Valley Center
28246 Lilac Rd., Valley Center, CA 92082

Borrego Springs Elementary School
1315 Palm Canyon Rd., Borrego Springs, CA 92004

1-888-477-6333
www.nchs-health.org

City Heights Wellness Center
4440 Wightman St., Ste. 200
San Diego, CA 92105

Linda Vista Health Care Center
6973 Linda Vista Rd.
San Diego, CA 92111

National City
Paradise Valley Wellness Center
2345 East 8th St., Ste. 100
National City, CA 91950

Chula Vista
251 Palomar St., Ste. C
Chula Vista, CA 91911

619-260-3400
www.scripps.org

Chula Vista
1655 Broadway, Ste. 18
Chula Vista, CA 91911

National City
1420 East Plaza Blvd., Ste. B4
National City, CA 91950

Imperial Beach
886 Palm Ave. (at 9th St.)
Imperial Beach, CA 91932

San Ysidro Village
4494 Camino de la Plaza
San Ysidro, CA 92173

Maternal & Child Health Center
4050 Beyer Blvd., 3rd Floor
San Ysidro, CA 92173

1-888-942-7942
email: WIC@syhc.org

To locate a San Diego WIC office near you, use our locator tool: http://sdwic.com

Please call before visiting our offices. Hours may vary and addresses are subject to change.