



# San Diego County WIC programs

**WIC saves you money!**  
**Checks are worth \$50-\$113**  
**per month, per person.**



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.

\*Class offerings and breastfeeding services may vary between WIC agencies.

## 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](http://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.

Number of people in family	Gross monthly income
2	\$2,456
3	\$3,098
4	\$3,739
5	\$4,380
6	\$5,022

Income guidelines subject to change. Please check [www.wicworks.ca.gov](http://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>



**American Red Cross**  
San Diego/Imperial Counties

**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 2<sup>nd</sup> 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**

**Euclid Health Ctr.**

292 Euclid Ave., Ste. 225  
San Diego, CA 92114

**Lemon Grove Senior Ctr.**

8235 Mt. Vernon St.  
San Diego, CA 91945

**Military Locations**

**Naval Base San Diego (32<sup>nd</sup> St.)**

(dry side; uphill from commissary)  
3005 Corbina Alley, Bldg. 265  
San Diego, CA 92136

**Camp Pendleton**

Pass & ID Card Bldg., #130132  
(Vandegrift & 14th St.)  
Camp Pendleton, CA 92055

**Camp Pendleton**

San Onofre Transition  
Readiness & Career Ctr.  
Bldg. 51919  
Camp Pendleton, CA 92055

**Marine Corps Air Station  
Miramar**

Chapel - Bldg. 5632  
45549 Bauer St.  
Miramar, CA 92145

**Marine Corps Recruit Depot**

Library, Bldg. 7 West  
3800 Chosin Ave.  
San Diego, CA 92140

**Murphy Canyon Youth Center**

4867 Santo Rd.  
San Diego, CA 92123

1-800-500-6411 • [www.sandiegowic.org](http://www.sandiegowic.org)



SAN DIEGO STATE  
UNIVERSITY  
Research Foundation

**North County**

**Escondido**

1131 East Washington Ave., Ste. K, Escondido, CA 92025

**Vista Community Clinic - Women's Ctr.**

1000 Vale Terrace, 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

**Central San Diego**

**Clairemont**

5222 Balboa Ave., #22, San Diego, CA 92117

**Mira Mesa**

10737 Camino Ruiz, Ste. 135, San Diego, CA 92126

1-888-999-6897 • [www.sdsuwic.com](http://www.sdsuwic.com)

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



*We're here for you.*

**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

1-888-477-6333  
[www.nchs-health.org](http://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](http://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](mailto:WIC@syhc.org)

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