



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 is a special supplemental nutrition program for Women, Infants and Children. We support women who are pregnant, breastfeeding, postpartum up to 6 months after birth, infants up to 1 year old, children ages 1-5, and those who recently experienced pregnancy loss. WIC welcomes newly pregnant individuals, partners, grandparents, foster parents, military families, migrants, working families, and guardians who care for eligible children. To qualify for WIC in California, families must reside in California.

Do you qualify?
Scan the QR code for details.



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

Valley Center
 28246 Lilac Rd.
 Valley Center, CA 92082



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

PODEMOS AYUDAR!



Beneficios alimenticios

El valor de \$50 – \$100 por persona para comprar comida nutritiva. Se carga cada mes a la tarjeta y aplicación de CA WIC.



Nutrición

Apoyo continuo por profesionales de la nutrición como dietistas registrados y nutricionistas. Nos adaptamos a su familia.



Lactancia

Consejeros de lactancia materna comparten los beneficios de amamantar y ofrecen apoyo y consejos prácticos.



Referencias

Conexiones a recursos importantes para cuidar de su familia, salud, crianza y encontrar un lugar para vivir.

SOBRE NOSOTROS

WIC es un programa especial de nutrición suplementaria para mujeres, bebés y niños. Apoyamos a las mujeres embarazadas, en período de lactancia, posparto hasta 6 meses después del nacimiento, bebés de hasta 1 año, niños de 1 a 5 años y aquellas que recientemente experimentaron la pérdida del embarazo. WIC da la bienvenida a personas recién embarazadas, parejas, abuelos, padres adoptivos, familias militares, migrantes, familias trabajadoras y tutores que cuidan a niños que califican. Para calificar para WIC en California, las familias deben residir en California.

Calificas?

Escanea este código QR para ver los detalles.



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2025

Número de integrantes por familia

Ingreso mensual

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