



# Ensure a strong start for children up to age 5 with WIC.

**Did you know?**  
 Women who participate in WIC give birth to healthier babies who are more likely to survive infancy.\*\*

## WHAT IS WIC?

Women, Infants and Children (WIC) is a federally funded USDA nutrition program that is administered by the California Department of Public Health. Our team includes registered dietitians, degreed nutritionists, International Board Certified Lactation Consultants (IBCLC), certified lactation educators and other trained professionals.

### We can help provide families with:

#### Food Prescription

\$50 — \$113 in benefits per person, per month to purchase fruits, vegetables, whole grains, low-fat dairy or soy milk, tofu, and iron-rich foods.

#### Nutrition Education

Interactive nutrition education and individual assessment targeted to address the needs of pregnant women and young children.

#### Breastfeeding Support

Education to help families make informed decisions about infant feeding and support to meet their breastfeeding goals.

#### Referral Services

Connections to important, necessary resources like health care, child care, housing, parenting, and more.

## WHO QUALIFIES FOR WIC?\*

Member(s) of low to moderate income families (living at or below 185% of the Federal Poverty Level, as outlined by the 2023-2024 income guidelines) in California who:

- Are pregnant
- Have a child under age 5 (including foster children)
- Are breastfeeding a baby under age 1
- Had a baby in the last 6 months
- Experienced a pregnancy loss/termination
- Are fathers, grandparents or other legal guardians of children under the age of 5
- Are military families
- Meet requirements regardless of immigration status
- Meet the above requirements and receive Medi-Cal, CalWORKS (TANF) and/ or Calfresh (Food Stamps/SNAP)

## 2023-2024 INCOME GUIDELINES

NUMBER OF PEOPLE IN FAMILY	GROSS MONTHLY INCOME
2	\$3,041
3	\$3,833
4	\$4,625
5	\$5,418
6	\$6,210

Pregnant women count as two people. WIC does not count Basic Allowance for Housing (BAH) for military families. Income guidelines are subject to change.

Please check [www.wicworks.ca.gov](http://www.wicworks.ca.gov) for up-to-date information.

**\*Eligible families can begin receiving benefits from WIC immediately following enrollment on the program!**

# Get Results with WIC

In San Diego County, five agencies offer WIC services.  
Below is the contact information and office locations for each agency.

Visit [www.sdwic.com](http://www.sdwic.com) for updated hours and locations.



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

1-800-500-6411

[www.sandiegowic.org](http://www.sandiegowic.org)

## North County

Oceanside  
1906 Oceanside Blvd. #TUV  
Oceanside, CA 92054

## Southeast San Diego

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

## Central San Diego

College Area  
5821 University Ave.  
San Diego, CA 92115

## East County

El Cajon  
564 North 2nd St.  
El Cajon, CA 92021

Spring Valley  
8810 Jamacha Blvd. #DEF Spring  
Valley, CA 91977

**\*\*From Center on  
Budget and Policy  
Priorities, WIC Works:  
Addressing the  
Nutrition and Health  
Needs of Low-Income  
Families for 40 Years,  
March 2017**

More about WIC:



**SAN DIEGO STATE  
UNIVERSITY**  
**Research Foundation**

1-888-999-6897

[www.sdsuwic.org](http://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

## Central San Diego

Southeast  
3598 National Ave.  
San Diego, CA 92113

Logan Heights  
Family Health Center  
(Inside Adobe Building)  
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

## 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



1-619-260-3400

WICProgram@  
[scrippshealth.org](http://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



**SAN YSIDRO  
HEALTH**

1-888-942-7942  
[www.syhealth.org/  
nutrition-services](http://www.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 Center  
4050 Beyer Blvd. 3rd Floor  
San Ysidro, CA 92173

Imperial Beach  
886 Palm Ave.  
Imperial Beach, CA 91932



1-888-477-6333

[www.truecare.org/  
programs-resources/wic/](http://www.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 St.  
Ramona, CA 92065

Valley Center  
28246 Lilac Rd.  
Valley Center, CA 92082



## Did you know?

Women who enter WIC in the first trimester of their pregnancy are more likely to begin and continue breastfeeding longer than women who enter in their third trimester.\*\*