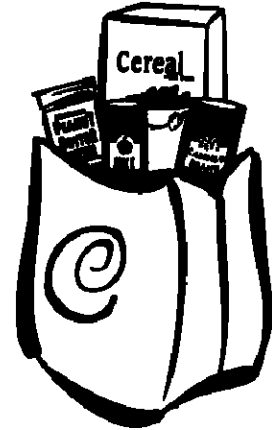


WIC can help!

What is WIC?

- WIC stands for **W**omen, **I**nfants and **C**hildren
- WIC is a nutrition program that helps mothers and young children eat well and stay healthy



What can I get from WIC?

- Nutrition education in a group or individual setting
- Breastfeeding support and education
- Special checks to buy healthy foods (such as milk, cheese, cereals, eggs, peanut butter and juice)
- Referral to health care and community services

Who is WIC for?

- Women who are pregnant, breastfeeding or recently had a baby
- Infants and children under 5 years old

WIC Income Guidelines Effective April 1, 2009 to June 30, 2010

Gross Income				
# of people in family	Annual	Monthly	Weekly	Hourly
1	\$20,036	\$1,670	\$386	\$9.64
2	\$26,955	\$2,247	\$519	\$12.98
3	\$33,874	\$2,823	\$652	\$16.29
4	\$40,793	\$3,400	\$785	\$19.62
5	\$47,712	\$3,976	\$918	\$22.94

For more information or to apply, call:
 San Francisco Department of Public Health WIC Program @
(415) 575-5788

This institution is an equal opportunity provider.