



San Diego County WIC programs

WIC saves you money!
 Checks are worth \$50-\$150
 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.

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.

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 BAH for military families.
 Pregnant women count as 2 people.

Number of people in family	Gross monthly income
2	\$2,392
3	\$3,011
4	\$3,631
5	\$4,251
6	\$4,871

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>



American Red Cross
San Diego Imperial Counties Chapter

North County

Oceanside Office

1906 Oceanside Blvd.
Oceanside, CA 92054

Poway Community Center

13094 Civic Center Dr.
Poway, CA 92064

St. Patrick's Church

3256 Madison St.
Carlsbad, CA 92008

Mesa Margarita Comm. Ctr.

Melba Bishop Rec. Ctr.
5306 N. River Rd.
Oceanside, CA 92057

East County

El Cajon Office

564 North 2nd St.
El Cajon, CA 92021

Spring Valley Office

8810 Jamacha Blvd.
Spring Valley, CA 91977

Lakeside Community Ctr.

9841 Vine St.
Lakeside, CA 92040

Central San Diego

College Area Office

5821 University Ave.
San Diego, CA 92115

Linda Vista Office

7612 Linda Vista Rd.
San Diego, CA 92111

Point Loma United Methodist Church

1984 Sunset Cliffs Blvd.
San Diego, CA 92107

Southeast San Diego

Euclid Health Ctr.

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

Lemon Grove Office

7034 Broadway Ave.
Lemon Grove, CA 91945

Military Locations

Naval Base San Diego (32nd St.)

Fleet & Family Support Ctr.
Bldg. 265
3005 Corbina Alley
San Diego, CA 92136

Camp Pendleton

Abby Reinke Wire Mtn.
Comm. Ctr., Bldg. 201019
Camp Pendleton, CA 92055

Camp Pendleton

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

Camp Pendleton

San Onofre Comm. 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



SAN DIEGO STATE UNIVERSITY
Research Foundation

North County

Escondido

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

Vista

1031 South Santa Fe Ave., Suites G & H, Vista, CA 92083

Fallbrook

504 East Alvarado St., Ste. 105, 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

4101 30th St., Ste. A, San Diego, CA 92104

East County

El Cajon

321 Van Houten Ave., El Cajon, CA 92020

Spring Valley

9621 Campo Road, Ste. G, Spring Valley, CA 91977

Central San Diego

Clairemont WIC Office

4340 Genesee Ave., Ste. 105, San Diego, CA 92117

Mira Mesa

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

1-888-999-6897 • www.sdsuwic.com

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



San Marcos

150 Valpreda Road, Suite 102, San Marcos, CA 92069

Encinitas

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

Oceanside/Mission Mesa

2210 Mesa Drive, Oceanside, CA 92054

Escondido

649 W. Mission Avenue, Suite 7, Escondido, CA 92025

Ramona

1721 Main Street, Suite 110, Ramona, CA 92065

Valley Center

28246 Lilac Road, Valley Center, CA 92082

Indian Health Council — Rincon Reservation

Hwy S6 Golsh Road, Valley Center, CA 92082

Borrego Springs Elementary School

1315 Palm Canyon Road, 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 Street, 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

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