



# 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



888-999-6897  
www.sdsuwic.org

Research  
Foundation

### 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