



## WIC Nutrition and Breastfeeding Support Are Available During Shelter-In-Place

### *Did you know...?*

- ◆ WIC uses an **electronic card and app** instead of paper checks.
- ◆ WIC can **issue food benefits remotely** so participants do not have to come in to the clinic during quarantine.
- ◆ WIC sites can help eligible families **enroll over the phone**.
- ◆ WIC participants have access to on-line **quality information and videos** in **different languages**.
- ◆ **Breastfeeding support is available**, including peer counseling, lactation consultant care, quality breast pumps and warm line support.



### *Have you heard...?*

- ◆ **Mothers are encouraged to breastfeed during COVID-19.** It's important that all families have the information and support they need to breastfeed well with protective measures such as hand hygiene and wearing a mask while feeding. **WIC provides support and information you can trust.**
- ◆ Formula packages provided by WIC are **supplemental only**. Many mothers are building up their maternal milk supply for security against temporary shortages. **WIC can help mothers with milk supply challenges and re-lactation plans.**
- ◆ California WIC has **expanded access to foods** for WIC participants to protect access to nutrition during temporary shortages. Options include dozens of expanded choices in foods and sizes. Find out more here: <https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/TemporaryAPLExpansion.aspx>

### *Do you qualify for WIC?*

Program participants must meet [income guidelines](#) and be in any of the categories below:

- A pregnant woman
- A woman breastfeeding a baby under 1 year of age
- A woman who had a baby or was pregnant in the past 6 months
- A baby up to his or her first birthday
- A child up to his or her fifth birthday

**Set up an appointment at a WIC local agency near you!**

Visit our mobile-friendly website at [m.wic.ca.gov](http://m.wic.ca.gov) to find a WIC local agency site near you.