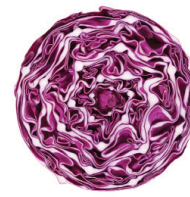


Families Grow Healthy with WIC!



Thank you for your interest in enrolling in WIC. Please follow the instructions below in order to complete your enrollment.

1. Please take pictures of the following on the afternoon before your appointment:

- Proof of your address (such as: utility bill for the past month, mail, rent receipt, etc.)
- Proof of all your household's total income for the past month (such as: pay stub(s) (for everyone in your family who is working), Leave & Earnings statement, disability, SSI, unemployment, Notice of Action from Social Services)
- Proof of identity for you and your child (such as: Immunization record, Medi-Cal card, social security card, crib card, birth certificate, foster child placement letter/court papers)
- Proof of Pregnancy (Such as pregnancy test outcome, Dr.'s note, sonogram picture etc.)
- Medi-Cal Card (if applicable to any of those enrolling)
- Height/Weight/Bloodwork (Hemoglobin) information from Doctor's appointments (within the last 60 days if possible).
 - Click [here](#) to view applicable referral forms.

2. Please watch the videos below before the time of your phone appointment.

- [Welcome to WIC](#) (5:14)
- [WIC Foods](#) (5:45)
- [Fruits and Vegetables](#) (1:43)
- [Food for Infants and Moms who Breastfeed](#) (3:53)
- [California WIC Card](#) (8:50)
- [Know Your Rights and Responsibilities](#) (7:02)

3. Download the California WIC App

Use the California WIC App to find WIC offices and grocers.

You can also use the WIC App to find:

- WIC foods at the store
- Your WIC appointments
- Your WIC food balance
- WIC income guidelines; and
- Nutrition tips



California Department of Public Health, California WIC Program
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MyFamily.WIC.ca.gov

