

## WIC comes to your town

### QUINCY

Monday - Friday 8-4pm

Plumas Rural Services

WIC Office

711 E. Main Street

Appointments in Quincy available  
at other times.

### GREENVILLE

1st Thursday

Indian Valley Community Center

209 HWY 89

### PORTOLA

1st and 3rd Wednesdays

2nd and 4th Thursdays

Public Health Building

171 Nevada Street

### CHESTER

3rd Thursday

Parks & Recreation Building

102 Meadowbrook Loop

Call for an appointment today

530-283-4093

Check out our Website

[www.plumasruralservices.org](http://www.plumasruralservices.org)

This institution is an equal opportunity provider

## WHAT FAMILIES ARE SAYING ABOUT WIC...



*"WIC has been a great help...  
they supply us with the  
foods my daughter likes...  
And with the money I save  
I can do a lot of other great  
things for my family."*



*"Money was tight for a while...  
and this program helped me so  
much. Not only did I receive  
food to help us, but reliable  
information on breastfeeding  
and baby nutrition."*



**Plumas Rural Services**

Serving People, Strengthening Families, Building Communities

## FAMILIES GROW HEALTHY WITH WIC



530-283-4093

[wic@plumasruralservices.org](mailto:wic@plumasruralservices.org)





**WIC helps you and your children be healthy.**

- We give you special checks to buy nutritious foods such as milk, cheese, eggs, beans, peanut butter, fruit and vegetables, whole grains and cereals.
- We show you how to feed your family to make them healthier.
- We also bring moms and babies closer by helping with breastfeeding.
- We can refer you to low-cost or free health care and other community services.



**You can participate in WIC if you...**

- Live in California
- Are pregnant, breastfeeding or just had a baby
- Have children under 5 years (including those cared for by a grandparent, foster parent and dads!)
- Have a family income within WIC guidelines (see chart )

**You work hard to raise a healthy family. The WIC Program can help.**

- WIC helps your family eat well, be active and stay healthy.
- WIC is the Women, Infants, and Children Supplemental Nutrition Program.
- It's a nutrition program for pregnant women, mothers with new babies and children under five years old.



# of Persons in Family Unit	Annual Gross Income	Monthly Gross Income	Weekly Gross Income	Bi-Weekly Gross Income
1	21,978	1,832	423	846
2	29,637	2,470	570	1,140
3	37,296	3,108	718	1,435
4	44,956	3,747	865	1,730
5	52,614	4,385	1,012	2,024

**If you are pregnant, count yourself as two. These guidelines effective until 06-30-17**