

# WIC + CalFresh

BETTER

TOGETHER



In LA County!

step  
**1**

Use your WIC checks to buy healthy foods

step  
**2**

Use CalFresh for other healthy foods

step  
**3**

Serve healthy meals to your family

**WIC** offers families checks to buy healthy food, nutrition and health information, breastfeeding support and referrals to health care and other community resources.

### Who qualifies:

Women who are pregnant or breastfeeding, or who have had a recent pregnancy loss; and for children under 5 years old.

### How to apply:

Visit [www.wicworks.ca.gov](http://www.wicworks.ca.gov) or call **1-888-942-9675** to see if you qualify.

This institution is an equal opportunity provider.

**CalFresh** offers monthly benefits that can add to your food budget and be used at many markets and food stores to put healthy and nutritious food on the table.

### Who qualifies:

If you have a limited income you may qualify.

### How to apply:

Visit [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov) to apply online or call **1-866-613-3777** for more information.

### Champions for Change

offers easy to make healthy recipes and provides tips on how to stretch your food shopping budget.

### Who qualifies:

Low-income Individuals, families and communities who are looking for healthy tips and resources to increase fruit and vegetable consumption and physical activity to prevent obesity and other diet related chronic diseases.

### How to get information:

Visit [CaChampionsForChange.net](http://CaChampionsForChange.net)

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