WIC Provides for Families in Need of Food

As holidays approach and many of us are thinking about family gatherings and good food, some families in our county may be wondering if they have enough food to feed their family. One program that helps families in need of food is the WIC program.

WIC (Women, Infants and Children) is a nutrition program that helps pregnant women, women who have just had a baby and young children eat well, be active and stay healthy. WIC can provide for more women and children who are in need in Santa Barbara County.

WIC offers families:
- Nutrition and health education
- Education and support for breastfeeding babies
- Checks to buy healthy foods such as:
  - Milk, fruits and vegetables, eggs, cereal, whole grains and more
- Help in finding health care and other community services

Women can participate in WIC if they:
- Are pregnant
- Breastfeeding a baby under 1 year of age or just had a baby in the past 6 months
- Have children under 5 years of age including those cared for by a grandparent, foster parent or guardian
- Have a family income within the WIC guidelines (185% of poverty or less)

WIC has offices in 8 locations throughout the county. To receive more information or apply, please call the Santa Barbara County Public Health WIC program’s phone center at 877-275-8805.

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