



FREE FOOD FOR FAMILIES AFFECTED BY THE COVID-19 CRISIS



WIC PROVIDES HEALTHY FOOD AND SUPPORT SERVICES TO FAMILIES

If you're pregnant or a caretaker of a child under age five and your income has been affected by recent events, you may qualify for WIC. Applying is easy and you will receive your food benefits within a few days.

Apply online www.phfewic.org/apply, or text **APPLY** to **91997**

PLEASE STAY AT HOME

The new WIC Card and **WIC App** make it easy for you to access your benefits electronically. For the safety of the public, we are serving families remotely by phone and online. Contact us if you do not have the WIC card. We can mail it to you!

WIC IS NOT CONSIDERED A PART OF PUBLIC CHARGE

WIC is **SAFE** to use and does not affect immigration status for anyone who is currently in the U.S.

We're here to help!

Text: **91997**

www.phfewic.org

   **@phfewic**

PHFE WIC is an equal opportunity provider

A woman with long brown hair, wearing a white face mask and a white long-sleeved shirt, is standing in a grocery store aisle. She is looking to her right. The background shows shelves stocked with various bottles of beverages, including orange and yellow ones. To the right, there are baskets of fresh produce, including oranges and bananas. A white text box is overlaid on the image, containing the title and the main text and list.

WIC Foods Unavailable?

Use the California WIC app's bar code scanner to confirm if you can substitute a similar item. Try these tips:

- ✓ Scan a similar item in a different size.
- ✓ Scan a similar item in a different flavor.
- ✓ Scan a similar item in a different brand.
- ✓ Scan a similar item that is organic.