

Let's get healthy, Mama!



Women, Infants and Children (WIC) Program



**American
Red Cross**

San Diego/Imperial Counties Chapter

**Proudly Supporting the Health
of our Military Families**



For more than 30 years, the American Red Cross Women, Infants and Children (WIC) Program has helped pregnant women, new mothers, and young children **eat well, stay healthy, and be active.**

See reverse side for details.

1-800-500-6411 • www.sandiegowic.org

WIC provides free education, resources, and support, including:

- Nutrition education, including free cooking classes, a weight loss program, and online education
- Checks to purchase nutritious foods like fresh fruits and vegetables, whole grains, cereal, milk (including soy), eggs, cheese, tofu, beans, peanut butter, and baby food
- One-on-one breastfeeding support, pumps, and a Help Line
- Referrals to other resources in the community



WIC Income Guidelines – WIC does not include BAH

Number of people in family	Gross Monthly Income
2	\$2,333
3	\$2,944
4	\$3,554
5	\$4,165
6	\$4,775

The American Red Cross WIC Program has 19 locations, including 7 offices on local military bases.

Military locations:

Naval Base San Diego (32nd St.)

Fleet & Family Support Ctr., Bldg. 263
3005 Corbina Alley, San Diego, CA 92136

Camp Pendleton

Abby Reinke Wire Mtn., Comm. Ctr., Bldg. 201019
Camp Pendleton, CA 92055

Camp Pendleton

Pass & ID Card Bldg., Bldg #130132
(Vandegrift & 14th St.)
Camp Pendleton, CA 92055

Camp Pendleton

San Onofre Comm. Ctr., Bldg. 51919
Camp Pendleton, CA 92055

Marine Corps Air Station Miramar

Chapel - Bldg. 5632
45549 Bauer St., Miramar, CA 92145

Marine Corps Recruit Depot

Library, Bldg. 7 West
3800 Chosin Ave., San Diego, CA 92140

Murphy Canyon Youth Center

4867 Santo Rd., San Diego, CA 92123

Additional locations:

North County

Oceanside Office
1906 Oceanside Blvd.
Oceanside, CA 92054

Poway Community Center
13094 Civic Center Dr.
Poway, CA 92064

St. Patrick's Church
3256 Madison St.
Carlsbad, CA 92008

Melba Bishop Rec. Ctr.
5306 N. River Rd.
Oceanside, CA 92057

Central San Diego

College Area Office
5821 University Ave.
San Diego, CA 92115

Linda Vista Office
7612 Linda Vista Rd.
San Diego, CA 92111

Point Loma United
Methodist Church
1984 Sunset Cliffs Blvd.
San Diego, CA 92107

East County

El Cajon Office
564 North 2nd St.
El Cajon, CA 92021

Spring Valley Office
8810 Jamacha Blvd.
Spring Valley, CA 91977

Lakeside Community Center
9841 Vine St.
Lakeside, CA 92040

Southeast San Diego

Euclid Health Ctr.
292 Euclid Ave., Ste. 225
San Diego, CA 92114

Lemon Grove Office
7034 Broadway Ave.
Lemon Grove, CA 91945

Call us today to make an appointment! 1-800-500-6411