



Public Health  
Women, Infants and Children



# WIC is for Dads too!

## How Can WIC Help Dads?

**The Women, Infants and Children (WIC) program isn't just for moms! Single fathers, stepdads, foster fathers, uncles and grandfathers can receive WIC services.**

**You may qualify if you:**

- ✓ Have an infant or child under age 5
- ✓ Are the sole provider for your child
- ✓ Have low to medium income
- ✓ Receive Medi-Cal, CalFresh (Food Stamps) or CalWORKs (TANF) benefits

**Fathers and caretakers enrolled in WIC can:**

- ✓ Receive nutritious foods
- ✓ Attend parenting classes
- ✓ Learn practical tips to raising infants and children
- ✓ Get needed referrals to services and resources

### Children with involved fathers:

- Perform better in school
- Have higher self-esteem
- Build healthy relationships with family and friends
- Handle stressful situations better



## Apply Today!



This institution is an equal opportunity provider.

Contact San Bernardino County WIC at 1-800-472-2321

[www.SBCounty.gov/WIC](http://www.SBCounty.gov/WIC)