WIC

... is for Pregnant Women, Parents & Foster Parents, too!
Are you Pregnant, Breastfeeding or raising children under 5?
Get nutrition advice, help with breastfeeding, and checks to buy healthy foods!

Working Families can get WIC!
A family of two (a pregnant woman, or a parent with one child) can earn up to $2,456 per month before taxes, a family of 3 up to $3,098
To apply, bring ID, proof of income and address

Alameda County WIC Program
(510) 595-6400
Hours: Monday, Tuesday, Thursday, Friday: 8:40-5; Wednesday: 9:40-1, 3:30-6; Saturdays: 8:40-4:30

Telegraph
3600 Telegraph Avenue
North Oakland

Eastmont Mall
7200 Bancroft Avenue, 2nd floor, Room 204
East Oakland

Hayward
24085 Amador Street, Suite 100
1st floor

Fremont
Call for appointment:
(510) 595-6400

Other WIC offices
Axis Community Health Center
Monday, Wednesday, Thursday, Friday: 8:30-12, 12:45-4:30, Other Tuesdays: 9:30-5:30
1991 Santa Rita Rd, # H - Mission Plaza Shopping Center, Pleasanton
(925) 846-5983

City of Berkeley
Monday-Thursday: 8:30-5, 2nd Thursday: 8:30-6:30, 1st Saturday: 11-3
830 University Avenue
(510) 981-5360

East Oakland Health Center
Monday-Friday: 9-5
7450 International Boulevard
(510) 613-2257, 613-2216

La Clinica de la Raza
Fruitvale WIC
La Clinica de La Raza
Monday-Friday: 8:50-3:00
2716 International Boulevard, Oakland
(510) 535-4110

San Antonio WIC
Monday, Wednesday, Thursday, Friday: 8-5:30
1030 International Blvd Oakland
(510) 272-1500

Alameda Point
(Native American Health Center)
1st Monday, 2nd Wednesday & 3rd Saturday, 9-12, 1-4
677 West Ranger Ave. Alameda, 814-8440,
(510) 814-8440

Native American Health Center
Monday-Friday: 8:30-5, 3rd Saturday: 8:30-12, 1-5
3124 International Blvd 1st Floor, Room 103
Oakland
(510) 434-5300

Tiburcio Vasquez Health Center offices
(510) 471-5913
- Union City
Monday-Friday: 8:30-5
32970 Alvarado Niles Rd., Suite 760
-Fremont
Monday-Thursday: 8:30-5
3845 Beacon Ave., Suite A
-Hayward
Monday-Friday: 8:30-4:45
22331 Mission Blvd. (second floor)
-San Leandro
Wednesday, Friday and some Mondays: 8:30-4:45
15949 E. 14th Street

West Oakland Health Center
Wednesday, Friday: 8:30-4:30, Thursday: phone service only
700 Adeline Street
(510) 302-3734

Legal residence is not required. Participation in WIC will not affect your future application for citizenship.
This institution is an equal opportunity provider.

October 2015
es para mujeres embarazadas, madres, padres y tutores

¿Está embarazada, dando pecho o criando niños menores de 5 años?

Recibe consejos y clases sobre la nutrición y la lactancia y cheques para comprar comida saludable

¡Familias que trabajan pueden calificar!

Una familia de dos personas (como una mujer embarazada, o una madre y un niño) puede ganar $2,456 por mes, antes de los impuestos, una familia de 3 personas $3,098

Para inscribirse, traiga identificación con prueba de ingresos y domicilio.