



can help if you're looking for...

- \$50-113 in benefits to purchase healthy foods
- Customized nutrition education for the family
- Breastfeeding support and education
- Referrals to health care, childcare and housing



Want to know if you qualify? Visit sdwic.info/qualify for the full list.

2020 - 2021 INCOME GUIDELINES

| Number of people in family* | Gross monthly income |
|-----------------------------|----------------------|
| 2 | \$2,686 |
| 3 | \$3,386 |
| 4 | \$4,086 |
| 5 | \$4,786 |
| 6 | \$5,486 |

*Pregnant people count as two people

Visit sdwic.com for updated hours and locations





619-260-3400
WICProgram@scrippshealth.org

City Heights Wellness Ctr.
4440 Wightman St. Ste. 200
San Diego, CA 92105

Linda Vista
6973 Linda Vista Rd. Bldg. C
San Diego, CA 92111

Chula Vista
251 Palomar St. Ste. C
Chula Vista, CA 91911

National City
2411 E. Plaza Blvd.
National City, CA 91950



555-477-6333
truecare.org/programs-resources/wic/

San Marcos
150 Valpreda Rd. Ste. 102
San Marcos, CA 92069

Encinitas
1130 2nd Ave.
Encinitas, CA 92024

Oceanside/Mission Mesa
2210 Mesa Dr. Ste. 100
Oceanside, CA 92054

Escondido
649 W. Mission Ave. Ste. 7
Escondido, CA 92025

Ramona
1039 D St. Ste. 2
Ramona, CA 92065

Valley Center
28246 Lilac Rd.
Valley Center, CA 92082



**SAN YSIDRO
HEALTH**

888-942-7942
syhealth.org/
nutrition-services

Chula Vista
1655 Broadway Ste. 18
Chula Vista, CA 91911

National City
1420 East Plaza Blvd. Ste. B4
National City, CA 91950

San Ysidro
4494 Camino de la Plaza
San Ysidro, CA 92173

Maternal & Child Health Ctr.
4050 Beyer Blvd. 3rd Floor
San Ysidro, CA 92173

Imperial Beach
886 Palm Ave.
Imperial Beach, CA 91932



American Red Cross
San Diego/Imperial Counties

800-500-6411
www.sandiegowic.org

North County

Oceanside
1906 Oceanside Blvd.
#TUV
Oceanside, CA 92054

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

Central San Diego

College Area
5821 University Ave.
San Diego, CA 92115

Linda Vista
7612 Linda Vista Rd. #111
San Diego, CA 92111

East County

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

Spring Valley
8810 Jamacha Blvd. #DEF
Spring Valley, CA 91977

Lakeside Community
Ctr.
9841 Vine St.
Lakeside, CA 92040

Military Locations

Naval Base San Diego
32nd St. (Dryside; uphill
from commissary)
3005 Corbina Alley
Bldg. 265
San Diego, CA 92136

Marine Corps Air Station
Miramar Chapel
Bldg. 5632
4545549 Bauer St.
Miramar, CA 92145

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

Camp Pendleton
San Onofre Transition
Readiness & Career Ctr.
Bldg. 51919
Camp Pendleton, 92672



**SAN DIEGO STATE
UNIVERSITY**

Research Foundation

North County

Escondido
1131 East Washington
Ave. Ste. K
Escondido, CA 92025

Vista
1031 S. Santa Fe Ave.
Ste. F&G
Vista, CA 92083

Fallbrook
504 East Alvarado
Ste. 108 & 109
Fallbrook, CA 92028

Central San Diego

Southeast
3598 National Ave.
San Diego, CA 92113

Logan Heights
Family Health Center
(Inside Adobe Bldg)
1809 National Ave.
San Diego, CA 92113

888-999-6897
www.sdsuwic.org

North Park
3078 El Cajon Blvd.
Ste. 100
San Diego, CA 92104

Clairemont
5222 Balboa Ave. #22
San Diego, CA 92117

Mira Mesa
10737 Camino Ruiz
Ste. 135
San Diego, CA 92126

East County

El Cajon
301 N. Magnolia
Ste. 101
El Cajon, CA 92020

Spring Valley
9621 Campo Rd.
Ste. G
Spring Valley, CA
91977

South County

Chula Vista Office
542 Broadway Ste. Q
Chula Vista, CA 91910