

“Everything costs so much. So I try to buy only the most important things.”



Catalina R.

Stay-at-home mom
Two kids, ages 3 and 7

Prepare Before Shopping

List all of the important healthy foods you need before you head to the store. Watch the ads for the best deals. Look for coupons and specials.

Spend Smartly

Buy the food you need for planned meals first, then buy healthy snacks.

Eating the Right Way for You and Your Family

The WIC Program helps provide healthy foods for you and your family. Plus, WIC teaches you a lot about how to eat healthier.

For more information or to see if you qualify for the WIC Program, call 1-888-WIC-WORKS (1-888-942-9675), or visit our Web site at www.wicworks.ca.gov.



For more mom-tested tips and recipes, visit www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

