

The Lopez Family:

"WIC Works!"

Gabriela has seen the face of need. She is in charge of food distributions throughout west Fresno County for families impacted by the lack of fieldwork. In the past two years, she has seen thousands of families wait patiently in line for hours to receive a box of food. Never did she imagine, one day, she would be one of them.

Having held more than 20 jobs since she was in high school and while putting herself through college, Gabriela understands people's struggle to make ends meet. Now, as an expecting mother, Gabriela and her husband realized they would need help to make up for her diminished income. Her husband was struggling to find steady work and her partial income would still not be sufficient to cover the rent, utilities, and food for the family. That's when Gabriela asked for assistance from the Women, Infants and Children (WIC) Program.

The nutritional vouchers she receives provide a ration of milk, cheese, vegetables, fruits and grains on a monthly basis. WIC encourages mothers to breastfeed for at least the first six months of life due to the proven health benefits for baby and mom derived from breastfeeding. Because Gabriela made the choice to exclusively breastfeed her newborn baby, the WIC Program provides her with a greater quantity and variety of foods than mothers who choose to formula feed their babies. For Gabriela, and for the approximately 10 million mothers and babies receiving monthly assistance nationwide, the WIC Program helps her and her baby stay healthy.



The Children's Movement

"Its not about being right or left, its about our kids."