What is WIC?
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides healthy foods, nutrition education, and access to health care to low-income pregnant women, new mothers, infants, and children under 5.

What are the Benefits of WIC?

- WIC families with children get more fruits and veggies
- WIC checks can be used at farmers' markets
- There are places to sign up for WIC all over D.C.

Who can sign up?
(If your total monthly income is at or below these levels before taxes, you could be eligible.)

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,872</td>
</tr>
<tr>
<td>2</td>
<td>$2,538</td>
</tr>
<tr>
<td>3</td>
<td>$3,204</td>
</tr>
<tr>
<td>4</td>
<td>$3,870</td>
</tr>
<tr>
<td>5</td>
<td>$4,536</td>
</tr>
</tbody>
</table>

*Each member after the first five, add $666

How to Apply:
Call (202) 442-9397 or 1-800-345-1942 to schedule an appointment

Visit the Department of Health website at www.doh.dc.gov or the DC WIC website at www.dcwic.org for a list of WIC office hours and locations

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February 2019
What is a WIC Food Package?

Provides food to pregnant, breastfeeding, new mothers, infants & children up to 5 years

Those with children ages 1-5 can receive up to $90 worth of food items per child per month

What can I buy each month?

- Whole wheat bread, buns & rolls
- Whole grain bread, buns & rolls
- Whole wheat macaroni products
- Whole grain cereal
- Brown rice, barley & oats
- Whole wheat or corn tortillas
- Low-fat or skim milk
- Soy milk
- Tofu
- Whole, low-fat or non-fat yogurt
- Cheese
- Fresh, frozen or canned fruits & vegetables
- Dried fruit
- 100% unsweetened fruit and vegetable juice
- Eggs
- Peanut butter
- Beans & peas
- Canned Fish
- Infant cereal
- Infant fruits & vegetables
- Infant formula

*Packages may vary based on participant’s specific nutritional needs

WIC Authorized Food Stores and Pharmacies:
Safeway, Giant Food, Harris Teeter, People’s Market, Best World Market, Bolling Air Force Base Commissary, Tiger Market, Tricare Medical & Equipment Supplies, Capital Super Market, CVS Pharmacy, Shoppers Food Warehouse, Suburban Medical Equipment & Supplies, Wal-Mart Supercenters,

To find a complete list of allowed food items and additional information about WIC in D.C. please visit: doh.dc.gov/service/wic-benefits

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