

Working Families!

Stretch your food budget with SNAP and WIC



- **SNAP (food stamps) participants receive an average of \$134 a month** to expand their purchasing power at the grocery store.
- Through **WIC**, a supplemental nutrition support program for women, infants and children up to age 5, **participants receive a monthly food package worth about \$50, nutrition education and breastfeeding assistance** to support healthy pregnancies and successful births.

You may qualify

If you answer "yes" to any of the questions below, you should apply.

1. Do you meet the income requirements?

SNAP	
Family Size	Monthly Income
1	\$1,805
2	\$2,428
3	\$3,052
4	\$3,675
5	\$4,298
6	\$4,922
7	\$5,545
8	\$6,168
Each additional member	add \$623

WIC	
Family Size	Monthly Income
1	\$1,670
2	\$2,247
3	\$2,823
4	\$3,400
5	\$3,976
6	\$4,553
7	\$5,130
8	\$5,706
Each additional member	add \$577

2. Do you already participate in any of these programs?

Participating in the following programs makes you automatically eligible.

For SNAP:

- ✓ TANF
- ✓ Supplemental Social Security

For WIC:

- ✓ DC Healthy Families
- ✓ Medicaid
- ✓ SNAP

Apply now *(You don't even have to miss work)*

To apply for SNAP you can...

- Visit your local IMA office late on Wednesdays. (Offices are open until 7pm)
- Download an application, complete it and mail it to the IMA office and then request a phone interview.
- Send someone to enroll for you. (Be sure to indicate they are your authorized representative on your application.)

To apply for WIC you can...

- Visit a WIC enrollment office late on Wednesdays.
- Visit a WIC enrollment office on Saturdays.



**To locate your nearest office, to download an application or for more information:
Contact D.C. Hunger Solutions at 202-986-2200.**