

# 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.)

Family Size	Monthly Income
1	\$1,872
2	\$2,538
3	\$3,204
4	\$3,870
5	\$4,536

\*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](http://www.doh.dc.gov) or the DC WIC website at [www.dcwic.org](http://www.dcwic.org) for a list of WIC office hours and locations

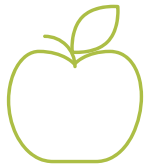


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# What is a WIC Food Package?



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](http://doh.dc.gov/service/wic-benefits)



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