



D.C. Hunger Solutions

Ending hunger in the nation's capital

COVID-19 & WIC Frequently Asked Questions

What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federal nutrition assistance program that provides food benefits, nutrition counseling, breastfeeding support, and healthcare referrals to qualifying pregnant and postpartum women, infants, and children up to age five years. In the District, the program is known as [DC WIC and is](#) administered by DC Health. WIC helps ensure good health and development and is here for you.

How do I qualify?

WIC uses the following factors to determine eligibility:

1. **Categorical** - You must be pregnant, postpartum (up to infant's 1st birthday), and/or providing care to an infant or child under age 5 years. Grandparents, fathers and legal guardians of infants and/or children under age 5 years **are** eligible to enroll their infant and/or child.
2. **Residential** - You must be a DC resident (VA and MD must enroll in their state's WIC program).
3. **Income** - Your household income must be at or under 185% of the federal poverty line. See below for current income eligibility guidelines.

U.S. citizenship is not a requirement for WIC eligibility. Participation in WIC is not considered in a public charge test. Immigrants residing in the District of Columbia are encouraged to apply.

Income Eligibility Guidelines (effective 07/01/19 - 06/30/2020)

Household Size	Annually	Monthly	Weekly
Family of 1	\$23,107	\$1,926	\$445
Family of 2	31,284	2,607	602
Family of 3	39,461	3,289	759
Family of 4	47,638	3,970	917
Family of 5	55,815	4,652	1,074
Family of 6	63,992	5,333	1,231
Family of 7	72,169	6,015	1,388
Family of 8	80,346	6,696	1,546
For each add'l family member, add	+ \$8,177	+ 682	+ 158

How do I apply?

If you think you may be eligible to receive WIC, check out [USDA's online prescreening tool](#) to check your eligibility status. To apply, call your [local DC WIC office](#) ([dcwic.org/wic-locations](#)) or the DC WIC State Agency at (202) 442-9397. During the COVID-19 public health emergency, all new WIC applications will be processed remotely over the phone. Having trouble? Reach out to D.C. Hunger Solutions for help at (202) 640-1088.

How do I receive benefits?

During the COVID-19 crisis, ~~all benefits (checks) will be mailed~~ to the most recent address provided to DC WIC. If you need to update your mailing address, please call your [local WIC office](#) as soon as possible ([dcwic.org/wic-locations](#)).

Where can I purchase food using my WIC benefits?

WIC food items can be purchased at a [WIC-approved store \(dcwic.org/wic-foods\) using your WIC checks](#). During the COVID-19 public health emergency, the [Approved WIC Foods List](#) has been temporarily expanded to include more options for families. Find the expanded food list on DC WIC's [COVID-19 Updates](#) webpage ([dcwic.org/covid-19](#)).

What if I need to recertify for WIC?

If you currently receive WIC and need to recertify, you will need to make an appointment over the phone to continue receiving benefits. All recertifications will be conducted by phone. Please contact your [local WIC office](#) as soon as possible ([dcwic.org/wic-locations](#)) to make an appointment.

I still need help!

For basic inquiries such as WIC status, approval, and benefit amounts, residents should contact their [local WIC office](#) or the DC WIC State Agency at (202) 442-9397. If you have questions about what additional benefits or programs you may qualify for, call D.C. Hunger Solutions at (202) 640-1088.