



GIVE YOUR FAMILY A HEALTHY START

RAISING A FAMILY CAN BE CHALLENGING. DC WIC IS HERE TO HELP.

WIC offers a variety of services designed to help you and your family live a healthy life.

HOW CAN WIC HELP MY FAMILY?

Services and benefits offered::

- Personalized nutrition counseling
- Breastfeeding support
- Free, healthy food
- Healthcare referrals

WHO IS ELIGIBLE?

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants and children up to their fifth birthday



Applicants must also have a medical-based or dietary-based risk or condition and meet income guidelines. Check the income guidelines to see if you qualify for WIC. If your family earns less than the amount listed, you may be eligible. (Note: If you are pregnant, add one person to the size of your household.)

INCOME GUIDELINES FOR THE DC WIC PROGRAM EFFECTIVE DATE July 1, 2021

If you are pregnant, add one person to the size of your household

Household Size	Gross Income Weekly	Gross Income Bi-Weekly	Gross Income Twice-Monthly	Gross Income Monthly	Gross Income Annual
1	\$459	\$917	\$993	\$1,986	\$23,828
2	\$620	\$1,240	\$1,343	\$2,686	\$32,227
3	\$782	\$1,563	\$1,693	\$3,386	\$40,626
4	\$943	\$1,886	\$2,043	\$4,086	\$49,025
5	\$1,105	\$2,209	\$2,393	\$4,786	\$57,424
6	\$1,266	\$2,532	\$2,743	\$5,486	\$65,823
7	\$1,428	\$2,855	\$3,093	\$6,186	\$74,222
8	\$1,589	\$3,178	\$3,443	\$6,886	\$82,621
Each additional family member, add	+\$160	+\$319	+\$346	+\$691	+\$8,288

WIC SHOPPING FOR YOUR FAMILY

WOMEN'S, INFANT'S & CHILDREN'S FOOD PACKAGE

The WIC food package adds to your family's monthly food budget and includes supplemental nutritious foods that target important nutrients during pregnancy, breastfeeding, post-partum, and growth of infants and young children. Learn more about the food package at: DCWIC.org/wic-foods

WICSHOPPER™ MOBILE APP

Find approved WIC foods, names and locations of grocery stores and WIC sites, as well as healthy recipes all on your smartphone or tablet. Download the WICShopper app by visiting your app store or going to EBTShopper.com.

WHAT SHOULD I BRING TO A WIC CLINIC APPOINTMENT?

- Identification such as a driver's license or social security card
- Birth Certificate, crib card or hospital footprints for infants
- Proof of address, such as rent receipt, utility bills, etc.
- Proof of household income, such as pay stubs, a SNAP eligibility letter or Medicaid card
- Proof of pregnancy from a doctor, health department or Family Planning clinic
- Immunization records for infants and children
- eWIC cardholder, if available
- A dry diaper may also be helpful

CONTACT US

Call 202-442-9397

Visit DCWIC.org

WHAT TO EXPECT AT A CLINIC VISIT

- Financial and identification information is reviewed
- Participant's health history is reviewed and a health screening is performed
- Information is entered on growth charts and evaluated to determine WIC eligibility
- Participants receive counseling by a health professional
- Eating habits and food histories are discussed
- Program responsibilities are reviewed
- 3 months' worth of checks along with your cash value checks for fruits and veggies all year round
- *Most appointments take about an hour*

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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