



# 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, 2018

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	\$432	\$864	\$936	\$1,872	\$22,459
2	\$586	\$1,172	\$1,269	\$2,538	\$30,451
3	\$740	\$1,479	\$1,602	\$3,204	\$38,443
4	\$893	\$1,786	\$1,935	\$3,870	\$46,435
5	\$1,047	\$2,094	\$2,268	\$4,536	\$54,427
6	\$1,201	\$2,401	\$2,601	\$5,202	\$62,419
7	\$1,355	\$2,709	\$2,934	\$5,868	\$70,411
8	\$1,508	\$3,016	\$3,267	\$6,534	\$78,403
Each additional family member, add	+\$154	+\$308	+\$333	+\$666	+\$7,992

## 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](http://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](http://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](http://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*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

