



# Women, Infants, and Children (WIC) Nutrition Program

Better Nutrition for A Brighter Future

## About

WIC is a federally funded program that provides healthy supplemental foods and nutrition counseling for pregnant women, new mothers, infants, and children under age five.

## WIC Works Wonders Who is Eligible

### For Women

Women in the WIC Program eat better and have healthier babies.

- Have a nutritional need.

### For Infants

Infants born to WIC mothers weigh more and grow and develop better.

### For Children

Children on WIC eat foods with more iron and vitamin C, which helps them develop strong minds and bodies.

- Live in Maryland.

- Have a household gross (before taxes and deductions) income that is less than or equal to the income guidelines below, or you receive benefits from the Food Supplement Program, Medical Assistance, Temporary Cash Assistance or participate in the Maryland Children's Health Program.

- Are pregnant, a new mother, an infant or child under 5 years of age.

Household Size	Year	Month	Twice Per Month	Every Two Weeks	Week
1	\$23,606	\$1,968	\$984	\$908	\$454
2	31,894	2,658	1,329	1,227	614
3	40,182	3,349	1,675	1,546	773
4	48,470	4,040	2,020	1,865	933
5	56,758	4,730	2,365	2,183	1,092
6	65,046	5,421	2,711	2,502	1,251
7	73,334	6,112	3,056	2,821	1,411
8	81,622	6,802	3,401	3,140	1,570
For each additional family member add ...	\$8,288	\$691	\$346	\$319	\$160

● [www.mdwic.org](http://www.mdwic.org) ● 800-242-4942 ● email to: [dhmh.wic@maryland.gov](mailto:dhmh.wic@maryland.gov)

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