



# MARYLAND HOWARD COUNTY



**THE MARYLAND WIC PROGRAM IS A NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN THAT GIVES EXTRA FOOD, TIPS ON HEALTHY EATING, BREASTFEEDING HELP, AND REFERRALS FOR OTHER SERVICES.**

## Who can get WIC?

### Women

- Pregnant and up to 6 weeks after pregnancy
- Postpartum women up to 6 months after baby's birth
- Breastfeeding moms up to baby's first birthday

### Infants

- Up to their first birthday

### Children

- Up to their fifth birthday

## Who can apply for WIC?

- You can have a job or not.
- You can be married, single or live with parents.
- Fathers, mothers, grandparents or guardians can apply for children under age 5.

## Where can I live and how much money or income can I make to get WIC?

- You must live in the state of Maryland to be in the Maryland WIC Program.
- You can only make up to a certain amount of money or income.

## How can I find out if I can get WIC?

The best way is to call and make an appointment at a WIC clinic near you.

## Can I get WIC if I am in another program?

Some people are able to get WIC because they are in other programs like:

- Foster Care
- Medical Assistance
- SNAP or Food Stamps
- TCA (Temporary Cash Assistance)

If you are in one of these programs, call your local WIC clinic to find out if you can get WIC.

## WIC HELPS WOMEN, INFANTS AND CHILDREN EAT BETTER TO HAVE A HEALTHIER FUTURE.

### Women

- Get to prenatal care earlier
- Eat better while pregnant and right after having baby
- Gain the right amount of weight while pregnant
- Carry baby to full term

### Infants

- Grow better
- Are born the right size
- Fewer infant deaths

### Children

- Eat better
- Grow better
- Are ready to start school
- Get shots on time
- Have good blood levels of iron



## WIC IS MORE THAN FOOD.

WIC GIVES TIPS ON SHOPPING, COOKING, EATING WELL, AND CONNECTS YOU WITH OTHER HEALTH AND WELLNESS SERVICES. WIC IS FOR A HEALTHIER MARYLAND.

**TELL A FRIEND!**

### What foods does WIC give and why?

WIC gives foods to help you be healthy like a doctor might give medicine to make you well. Everyone gets different foods based on their needs.



Milk and cheese for strong bones and teeth.



Bread, cereal, and rice with iron for energy, and folic acid for healthy growth.



Fruits and vegetables to help keep your heart and weight healthy.



Eggs, beans, and canned fish for strong muscles and healthy skin.



Baby foods, infant cereal, and if needed, iron-fortified infant formula.

### How much food does WIC give?

WIC gives supplemental or extra foods. The WIC Program does not give all the food you will need. You will need to buy more food than WIC gives.

You will get checks for your foods to use at WIC approved stores or farmers' markets in Maryland.

## 3 EASY STEPS TO APPLY FOR MARYLAND WIC:

- 1 Find the WIC clinic near you by calling 410-313-7510 or visiting [www.mdwic.org](http://www.mdwic.org).
- 2 Call your WIC clinic and make an appointment.
- 3 Come to your WIC appointment with this information:

#### Proof of identity.

Bring **one** for **each** person who is applying:

- o Birth certificate
- o Crib card from the hospital for new babies
- o Driver's license or MVA ID card
- o Picture identification from the government, school, or your job
- o Social Security card

#### Proof of household income.

Bring at least one:

- o Benefits letters: Child Support, SSI, Social Security, Unemployment
- o Independence Card
- o Medical Assistance cards for all family members
- o Recent family paystubs dated within 30 days

#### Proof of your address.

Bring one:

- o Copy of a lease
- o Driver's license or MVA ID card
- o Official mail like a bill or statement

#### Proof of pregnancy, only if pregnant.

Bring one:

- o Doctor's note
- o Pregnancy test results from a doctor or clinic
- o Sonogram

#### Immunization record for an infant or child under the age of 2.

## CALL FOR AN APPOINTMENT

# 410-313-7510

**BREASTFEED  
FOR A HEALTHY  
MOM AND BABY.**

**CALL WIC FOR  
BREASTFEEDING  
TIPS AND SUPPORT.**

