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. Phone numbers for WIC clinics can be found on the back of this brochure.
WIC HELPS WOMEN, INFANTS, AND CHILDREN EAT BETTER TO HAVE A HEALTHIER FUTURE.

WIC FOODS

- Milk
- Cheese
- Soy beverages
- Tofu
- Yogurt

FOODS WITH CALCIUM FOR STRONG BONES AND TEETH.

- Cereal
- Brown rice
- Pasta
- Soft corn or whole wheat tortillas
- Whole grain bread

GRAINS WITH IRON FOR ENERGY, AND FOLIC ACID FOR HEALTHY GROWTH.

- Fruit or vegetable juice
- Fruits and vegetables, fresh, frozen or canned

FRUITS AND VEGETABLES TO KEEP YOUR HEART AND WEIGHT HEALTHY.

- Dried or canned beans, peas, lentils
- Eggs
- Canned fish
- Peanut butter

FOODS WITH PROTEIN FOR STRONG MUSCLES AND HEALTHY SKIN.

- Baby foods
- Infant cereal

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.

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!

HOW DOES WIC HELP BREASTFEEDING?

A big part of WIC is to help babies have the best start in life. WIC moms are encouraged to breastfeed their babies. Pregnant women and new WIC moms get breastfeeding tips and help.

WIC BREASTFEEDING MOMS ALSO GET:

- More foods than moms who do not breastfeed
- Get WIC longer than non-breastfeeding moms
- One-on-one support from peer counselors and breastfeeding experts
- Breast pumps and other supplies as needed

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 AN EWIC CARD TO USE AT WIC APPROVED STORES AND FARMERS’ MARKETS IN MARYLAND.

3 EASY STEPS TO APPLY FOR MARYLAND WIC:

1. Find the WIC clinic near you by calling 1-800-242-4942 or visiting 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:
     - Birth certificate
     - Crib card from the hospital for new babies
     - Driver’s license or MVA ID card
     - Picture identification from the government, school, or your job
     - Social Security card
   - Proof of household income. Bring at least one:
     - Benefits letters: Child Support, SSI, Social Security, Unemployment
     - Independence Card
     - Medical Assistance cards for all family members
     - Recent family pay stubs dated within 30 days
   - Proof of your address. Bring one:
     - Copy of a lease
     - Driver’s license or MVA ID card
     - Official mail like a bill or statement
   - Proof of pregnancy, only if pregnant. Bring one:
     - Doctor’s note
     - Pregnancy test results from a doctor or clinic
     - Sonogram
   - Immunization record for an infant or child under the age of 2.