

Income Eligibility Guidelines for  
Maryland WIC Program Benefits

**Effective July 1, 2024**

185 Percent of 2024 Federal Poverty Income Guidelines

Family Size	Annual Income	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728
3	\$47,767	\$3,981	\$1,991	\$1,838	\$919
4	\$57,720	\$4,810	\$2,405	\$2,220	\$1,110
5	\$67,673	\$5,640	\$2,820	\$2,603	\$1,302
6	\$77,626	\$6,469	\$3,235	\$2,986	\$1,493
7	\$87,579	\$7,299	\$3,650	\$3,369	\$1,685
8	\$97,532	\$8,128	\$4,064	\$3,752	\$1,876
For each additional family member add	+\$9,953	+\$830	+\$415	+\$383	+\$192

**Tabla de Ingresos para Determinar Elegibilidad  
en los Beneficios del Programa WIC**

**Efectivo el 1 de Julio de 2024**

El Porcentaje de acuerdo a la Guía Federal de Ingresos  
de Pobreza 2024 es 185

Grupo Familiar	Ingreso Anual	Ingreso Mensual	Dos veces al mes	Ingreso Quincenal	Ingreso Semanal
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728
3	\$47,767	\$3,981	\$1,991	\$1,838	\$919
4	\$57,720	\$4,810	\$2,405	\$2,220	\$1,110
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7	\$87,579	\$7,299	\$3,650	\$3,369	\$1,685
8	\$97,532	\$8,128	\$4,064	\$3,752	\$1,876
Para cada miembro de la familia adicione	+\$9,953	+\$830	+\$415	+\$383	+\$192

Clinic Location	Days	Hours	Phone Number
<b>Allegheny County Health Department</b> 12501 Willowbrook Road Cumberland, MD 21502	Monday - Friday	8:00 AM-4:30 PM	301-759-5020
<b>Allegheny County Department of Social Services</b> 1 Frederick Street (Second Floor) Cumberland, MD 21502	Mon - Tuesday	8:00 AM - 4:30 PM	301-784-7013
<b>Westernport Library</b> 66 Main St, Westernport MD 21562	1 <sup>st</sup> Wednesday of the month	10:30 AM - 3:00 PM	301-759-5020
<b>Frostburg Library</b> 65 East Main Street Frostburg, MD 21532	2 <sup>nd</sup> Wednesday of the month	10:30 AM - 3:30 PM	301-759-5020
<b>Georges Creek Library</b> 76 E Main St Lonaconing, MD 21539	3 <sup>rd</sup> Wednesday of the month	10:30 AM - 3:15 PM	301-759-5020
<b>Westmar Early Learning Center-Judy Center</b> 3 E College Ave Frostburg, MD 21532	4 <sup>th</sup> Friday of the month	9:00 AM - 3:00 PM	301-759-5020

# Breastfeeding Education

Education

Share:



UPMC Western Maryland offers in-person breastfeeding education for expecting mothers and their support person. Mothers looking for additional support with breastfeeding are also welcome to attend.

Each class is led by a UPMC Western Maryland Internationally Board-Certified Lactation Consultant (IBCLC).

**Topics covered include, but are not limited to:**

- Breastfeeding benefits
- Skin-to-skin and The Golden Hour
- Latch and positioning
- How much milk your baby needs
- Baby hunger cues and when to breastfeed
- Hand expression
- Proper storage of breastmilk

Classes are held on the second Monday of each month from 6 to 9 p.m.

For more information or to register, please call **240-964-6417**.

Share:

