

CALL 1-800-242-4942

or your local Maryland WIC office



Allegany County	301-759-5020
Anne Arundel County	410-222-6797
Baltimore City	
Health Department	410-396-9427
Johns Hopkins	410-614-4848
Baltimore County	410-887-6000
Calvert County	1-877-631-6182
Caroline County	410-479-8060
Carroll County	410-876-4898
Cecil County	410-996-5255
Charles County	301-609-6857
Dorchester County	410-479-8060
Frederick County	301-600-2507
Garrett County	301-334-7710
Grantsville Residents	301-895-3111
Harford County	410-939-6680
Howard County	410-313-7510
Kent County	410-810-0125
Montgomery County	301-762-9426
Prince George's County	
Greater Baden	301-324-1873
Greenbelt Area	301-762-9426
Health Department	301-856-9600
Queen Anne's County	443-262-4423
Somerset County	410-749-2488
St. Mary's County	1-877-631-6182
Talbot County	410-479-8060
Washington County	240-313-3335
Wicomico County	410-749-2488
Worcester County	410-749-2488



WHAT IS WIC?

1-800-242-4942 | www.mdwic.org

@MDH.WIC

/MARYLANDWIC

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. Phone numbers for WIC clinics can be found on the back of this brochure.

CAN I GET WIC IF I AM IN ANOTHER PROGRAM?

Yes! 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.



This institution is an equal opportunity provider.
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WIC HELPS WOMEN, INFANTS, AND CHILDREN EAT BETTER TO HAVE A HEALTHIER FUTURE.

WOMEN

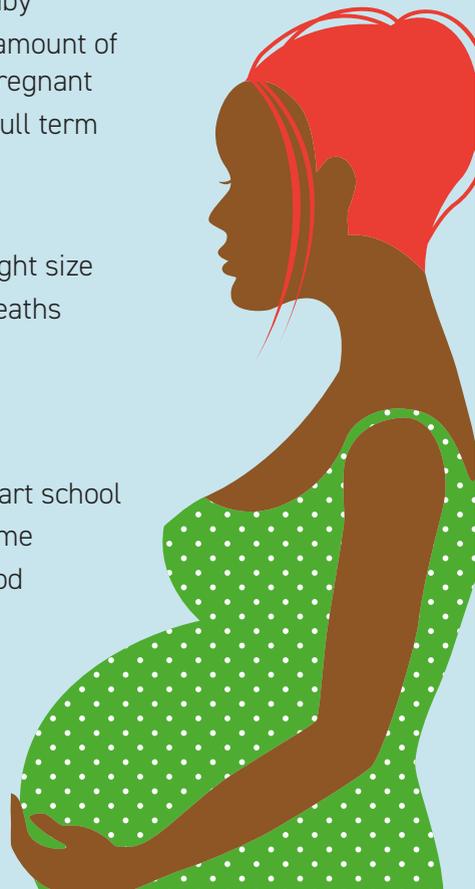
- Get to prenatal care earlier
- Eat better while pregnant and right after having baby
- Gain the right amount of weight while pregnant
- Carry baby to full term

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.

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

FOR INFANTS WHO BREASTFEED SOME OF THE TIME OR DO NOT BREASTFEED, WIC GIVES IRON-FORTIFIED INFANT FORMULA.

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.