



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

For Women

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

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.

Who is Eligible

- Live in Maryland.
- Are pregnant, a new mother, an infant or child under 5 years of age.
- Have a nutritional need.
- 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.

| Household Size | Year | Month | Twice Per Month | Every Two Weeks | Week |
|---|----------|---------|-----------------|-----------------|-------|
| 1 | \$22,459 | \$1,872 | \$936 | \$864 | \$432 |
| 2 | 30,451 | 2,538 | 1,269 | 1,172 | 586 |
| 3 | 38,443 | 3,204 | 1,602 | 1,479 | 740 |
| 4 | 46,435 | 3,870 | 1,935 | 1,768 | 893 |
| 5 | 54,427 | 4,536 | 2,268 | 2,094 | 1,047 |
| 6 | 62,419 | 5,202 | 2,601 | 2,401 | 1,201 |
| 7 | 70,411 | 5,868 | 2,934 | 2,709 | 1,355 |
| 8 | 78,403 | 6,534 | 3,267 | 3,016 | 1,508 |
| For each additional family member add . . . | \$7,992 | \$666 | \$333 | \$308 | \$154 |

● www.mdwic.org ● 800-242-4942 ● email to: dhmh.wic@maryland.gov

This institution is an equal opportunity provider.

The Maryland State Department of Education does not discriminate on the basis of age, ancestry/national origin, color, disability, gender identity/expression, marital status, race, religion, sex, or sexual orientation in matters affecting employment or in providing access to programs and activities and provides equal access to the Boy Scouts and other designated youth groups. For inquiries related to Department policy, please contact:

Equity Assurance and Compliance Office
 Office of the Deputy State Superintendent for Finance and Administration
 Maryland State Department of Education
 200 W. Baltimore Street - 6th Floor
 Baltimore, Maryland 21201-2595
 410-767-0426 - voice
 410-767-0431 - fax
 410-333-6442 - TTY/TDD

