



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 | \$22,311 | \$1,860 | \$930 | \$859 | \$430 |
| 2 | 30,044 | 2,504 | 1,252 | 1,156 | 578 |
| 3 | 37,777 | 3,149 | 1,575 | 1,453 | 727 |
| 4 | 45,510 | 3,793 | 1,897 | 1,751 | 876 |
| 5 | 53,243 | 4,437 | 2,219 | 2,048 | 1,024 |
| 6 | 60,976 | 5,082 | 2,541 | 2,346 | 1,173 |
| 7 | 68,709 | 5,726 | 2,863 | 2,643 | 1,322 |
| 8 | 76,442 | 6,371 | 3,186 | 2,941 | 1,471 |
| For each additional family member add . . . | \$7,733 | \$645 | \$323 | \$298 | \$149 |

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

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