



MARYLAND

BETTER NUTRITION, BRIGHTER FUTURE

WELCOME TO MARYLAND WIC!

WIC provides nutrition education, breastfeeding support, healthy supplemental foods, and health referrals 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 up to age 5.
- 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	\$26,973	\$2,248	\$1,124	\$1,038	\$ 519
2	\$36,482	\$3,041	\$1,521	\$1,404	\$ 702
3	\$45,991	\$3,833	\$1,917	\$1,769	\$ 885
4	\$55,500	\$4,625	\$2,313	\$2,135	\$1,068
5	\$65,009	\$5,418	\$2,709	\$2,501	\$1,251
6	\$74,518	\$6,210	\$3,105	\$2,867	\$1,434
7	\$84,027	\$7,003	\$3,502	\$3,232	\$1,616
8	\$93,536	\$7,795	\$3,898	\$3,598	\$1,799
For each additional family member add ...	\$9,509	\$793	\$397	\$366	\$183

● www.mdwic.org ● 800-242-4942 ● mdh.wic@maryland.gov ●

This institution is an equal opportunity provider.