

DC Women, Infants and Children (WIC) Program

What is Women, Infants and Children (WIC)?

WIC helps women who are pregnant or have children up to 5 years old get the food they need.

How does it work?

Most WIC participants receive monthly checks or an equivalent to buy specific foods to improve their diets. WIC also provides nutrition counseling, health screenings and medical referrals. The food assistance does not provide all nutritional needs, and aid is based on a woman's stage of pregnancy and/or the ages of her children.

Income Limits (07/01/09-06/30/10)

People in Household*	Yearly Income	Monthly Income	Weekly Income
1	\$20,036	\$1,670	\$386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317
Each additional person	+6,919	+577	+134

*Count a pregnant woman as 2 people.

Source: US Department of Agriculture, Food and Nutrition Service. 17 June 2010.
<http://www.fns.usda.gov/wic/howtoapply/incomeguidelines.htm>

How does one apply?

- Call DC's WIC State Agency to set up an appointment. The Agency will help you find the nearest location, and tell you what you need to bring with you when you apply.

Contact Information

Community Health Administration
[WIC State Agency](#)
825 North Capitol Street, NE, Third Floor
Washington, DC 20002
Phone: (202) 442-9397
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