

# MD Women, Infants and Children (WIC) Program

## What are Women, Infants and Children (WIC)?

WIC helps low- and moderate-income women who are pregnant, breastfeeding, and/or have children up to 5 years old get the food they need.

## How does it work?

WIC participants receive monthly checks or “food instruments” to buy specific foods to improve their diets. Some WIC State agencies give out WIC foods through warehouses or deliver WIC foods. WIC also provides 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 (Effective April 6, 2009)

| People in Household*   | Yearly Income | Monthly Income | Weekly Income |
|------------------------|---------------|----------------|---------------|
| 1                      | \$20,036      | \$1,669        | \$385         |
| 2                      | 26,955        | 2,246          | 518           |
| 3                      | 33,874        | 2,822          | 651           |
| 4                      | 40,793        | 3,399          | 784           |
| 5                      | 47,712        | 3,976          | 917           |
| 6                      | 54,631        | 4,552          | 1,050         |
| 7                      | 61,550        | 5,129          | 1,183         |
| 8                      | 68,469        | 5,705          | 1,316         |
| Each additional person | +6,919        | +577           | +134          |

\*Count a pregnant woman as 2 people.

Adapted from: Maryland WIC Eligibility.. Maryland Department of Health and Mental Hygiene. 28 June 2010.  
[http://fha.maryland.gov/wic/wic\\_eligible.cfm](http://fha.maryland.gov/wic/wic_eligible.cfm)

## How does one apply?

- Call the local WIC agency or the Maryland 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

Prince George's County Health Department WIC Program  
Phone: (301) 856-9600

Maryland Department of Health and Mental Hygiene  
[WIC Administration](#)  
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Baltimore, MD 21203-3528  
Phone: (410) 767-5242  
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