

NORTHEAST SITES

Unity at East of the River
4414 Benning Road NE
Washington, DC 20019
(202) 938-3688

Unity at Parkside
765 Kenilworth Terrace NE
Washington, DC 20019
(202) 938-3688

Mary's Center Brentwood
1060 Brentwood Rd NE
Washington, DC 20018
(202) 269-0487 or
(202) 232-6679

**Mary's Center
Ft. Totten**
100 Gallatin St NE
Washington, DC 20018
(202) 232-6679

DC WIC STATE AGENCY

899 North Capitol St NE
3rd Floor
Washington, DC 20002
(202) 442-9397

NORTHWEST SITES

Unity at Upper Cardozo
3020 14th Street NW
Washington, DC 20009
(202) 938-3688

**Children's National
Health Systems**
111 Michigan Ave NW
Washington, DC 20010
(202) 476-5594

Mary's Center Georgia Ave
3912 Georgia Ave NW
Washington, DC 20011
(202) 545-8042 or
(202) 232-6679

Mary's Center Ontario Rd
2333 Ontario Rd NW
Washington, DC 20009
(202) 232-6679 or
(202) 420-7152

Children's at Marie Reed
2175 Champlain St NW
Washington, DC 20009
(202) 476-6986

Howard Univ. Hospital
2041 Georgia Ave NW
Washington, DC 20060
Room - #1 K03
(202) 865-4942

SOUTHEAST SITES

**Unity at
Anacostia Satellite**
1500 Galen Street SE
Washington, DC 20020
(202) 938-3688

**Children's at MLK
The Big Chair**
2101 MLK Jr. Ave SE
Washington, DC 20020
(202) 476-6994

SOUTHWEST SITES

**HUH at Bolling
Air Force Base**
Parent Support Program
Military Families Only Building
113 Brookley Ave SW
Washington, DC 20032
(202) 865-4942



This institution is an
equal opportunity
provider.

YOU GOT THIS.



EMPOWERING FAMILIES WITH FOOD, NUTRITION EDUCATION, AND MORE!



OVER 15,000 WOMEN, INFANTS, AND CHILDREN IN DC GET WIC BENEFITS! ARE YOU ELIGIBLE?

WHO CAN GO TO WIC?

- Pregnant women - from the 1st trimester!
- Mothers of babies up to 6 months old
- Mothers who are breastfeeding babies up to 12 months old
- Infants & children up to 5 years old

DO I QUALIFY FOR DC WIC?

Income eligibility - pregnant women add 1 to household size:

HOUSEHOLD SIZE	1	2	3	4	5
GROSS ANNUAL INCOME	\$23,828	\$32,227	\$40,626	\$49,025	\$57,424

VISIT: wic.fns.usda.gov/wps

WHAT TO BRING TO YOUR DC WIC APPOINTMENT

- Proof of DC residency
- Proof of income
- Proof of pregnancy (i.e. letter from your doctor)
- Proof of identity (i.e. picture ID, drivers license)
- Baby or child & their birth certificate or hospital discharge papers

WE'RE HERE FOR YOU

Did you know WIC offers the following?



HEALTHY FOOD + NUTRITION TIPS

We help families feed their kids nutritious meals by providing:

- Monthly benefits to buy healthy food
- Nutrition education counseling
- Farmer's Markets checks for fruits & vegetables



BREASTFEEDING SUPPORT

We offer guidance for nursing moms:

- Advice on breastfeeding issues: positioning, latch, milk production, and returning to work
- Breast pumps and other nursing aids



A COMMUNITY OF EXPERTS AND PEERS

We support families with a network of:

- Healthcare professionals
- Immunization services
- Additional social services
- Other families to share experiences and support



LEARN MORE

CALL: (202) 442-9397 or VISIT: dcwic.org

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