



# GIVE YOUR FAMILY A HEALTHY START

**RAISING A FAMILY CAN BE CHALLENGING. DC WIC IS HERE TO HELP.**

WIC offers a variety of services designed to help you and your family live a healthy life.

## **HOW CAN WIC HELP ?**

Services and benefits offered to my family:

- Free, healthy food
- Personalized nutrition counseling
- Healthcare referrals
- Breastfeeding support



## **WHO IS ELIGIBLE?**

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants and children up to their fifth birthday
- Applicants must have a medical-based or dietary-based risk or condition and meet income guidelines.

## **WIC SHOPPING FOR YOUR FAMILY**

### **WOMEN'S, INFANT'S & CHILDREN'S FOOD PACKAGE**

The WIC food package adds to your family's monthly food budget and includes supplemental nutritious foods that target important nutrients during pregnancy, breastfeeding, post-partum, and growth of infants and young children. Learn more about the food package at: [DCWIC.org/wic-foods](http://DCWIC.org/wic-foods)

### **WICSHOPPER™ MOBILE APP**

Find approved WIC foods, names and locations of grocery stores and WIC sites, as well as healthy recipes all on your smartphone or tablet. Download the WICShopper app by visiting your app store or going to [EBTShopper.com](http://EBTShopper.com).

## **CONTACT US**

**Call** 202-442-9397

**Visit** [DCWIC.org](http://DCWIC.org)



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