



# Special Supplemental Nutrition Program for Women Infants and Children



**Purpose:** Helps pregnant women, new mother and children with supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk

**Summary of Benefits/Services:**

-*Monthly food benefits:* Fruits and vegetables (Cash Value), Cereal, Eggs, Beans/Peanut butter, Whole Grains, Milk/Cheese/Tofu, Formula (Infant and Medical foods)

-*Breastfeeding Support:* Peer Counselor, Lactation Counselors, Breast pump

-*Free access to Licensed Nutritionists and Registered Dietitians*

-*Community Resources:* Immunization, Substance abuse referrals, Housing

**Qualifications:**

-DC residency

-Income guidelines (less than 185% FPL)

-Proof of identity (i.e., picture ID, driver's license)

-Baby or child & his/her birth certificate or hospital discharge papers

-Proof of pregnancy

**Application Process:**

-Easy [DC WIC online referral form](#)

-Four appointments per year

- Check height and weight, hemoglobin screening, dietary and breastfeeding assessment, nutrition education for the family

**Benefits Format:**

-EBT card, EzWIC App, Patient Portal coming soon

**WIC Prescriptions/Medical Referral Form:** [download here](#)

**Contact for Families:**

-www.dcwic.org

-202-442-9397

**CALL TO ACTION:**

1. Incorporate two-question food insecurity screening in well-child visits
2. Partner with DC WIC so you and your staff can educate families and increase referrals to DC WIC and other food access programs
3. Encourage your families to schedule appointment for with easy online WIC referral form or call 202-442-9397