

LEARN MORE

Call: (202)-442-9397

Visit: dcwic.org

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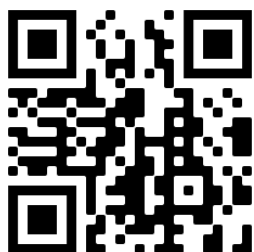


@dcwic



@DofCWIC

JOIN TODAY



JOIN TODAY
ADD MORE TO YOUR CART
WITH THE DC eWIC CARD!



Scan the QR code below to find a WIC clinic near you:



YOU GOT THIS.

This institution is an equal opportunity provider.

WELCOME TO DC WIC



DC | **HEALTH**
GOVERNMENT OF THE DISTRICT OF COLUMBIA

WHAT IS WIC?

WIC provides food assistance, nutrition education, breastfeeding counseling, and the support you need to keep your family healthy.

WHO CAN APPLY?

- Pregnant women - from the 1st trimester!
- Mothers of babies up to 6 months old
- Mothers who are breastfeeding babies up to 12 months old
- Children less than 5 years old



HOW CAN I APPLY?

- Visit dcwic.org to complete an online interest form;
- Call 202-442-9397; or
- Scan QR code to find a WIC clinic near you.



WIC FOODS



DC WIC IS HERE FOR YOU

WIC offers the following:



HEALTHY FOOD & NUTRITION

- Monthly benefits to buy healthy food
- Nutrition education counseling
- Farmers market benefits for fruits & vegetables



BREASTFEEDING SUPPORT

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



A COMMUNITY OF EXPERTS

- Healthcare professionals
- Immunization & social services
- WIC families share experiences & support

