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

LEARN MORE
Call: (202)-442-9397
Visit: dcwic.org
Follow us on social media: @dcwic @DofCWIC

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

YOU GOT THIS.
This institution is an equal opportunity provider.
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.

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