



provides healthy, supplemental foods and breastfeeding support for people who are **pregnant, have a new baby, or have a child under age 5.**

## What does WIC offer?

- Healthy supplemental foods and nutrition education
- Breastfeeding and chestfeeding support, including access to lactation specialists
- Infant formula
- Health screenings and referrals to other food, health and social agencies
- Free app to help you use your WIC benefits

*\*Language services and other services (hearing, speech) available*

## Who can join WIC?

**Both adults and children can enroll in WIC. WIC can provide services:**

- During pregnancy
- For 6 months after delivery (or up to a year if you are breastfeeding or chestfeeding)
- To children ages 1 to 5 years (any parent, grandparent, or guardian can sign their children up for WIC)

**You can be eligible for WIC if you are:**

- Employed or without a job
- With or without a home
- Married, single, or divorced
- Of any immigration status

**You must:**

- Be a Maryland resident
- Meet income guidelines

*\*WIC data will never be used for immigration enforcement purposes. Participating in the program does not affect your ability to become a U.S. citizen or lawful permanent resident.*

*\*You can qualify for WIC if you receive SNAP, medical assistance, SSI or other government assistance.*

## How do I apply?



You can call [410-396-9427](tel:410-396-9427) to apply.



Or you can fill out this form for yourself or a client:  
<https://redcap.link/baltimorewic>



Scan to  
Apply



Many people do not realize that they are eligible for WIC.  
Check your eligibility here:  
<https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>

## How do I contact Baltimore City WIC?



Contact [410-396-9427](tel:410-396-9427) for appointments and breastfeeding assistance



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