You can participate if you...

? Are pregnant, breastfeeding, have recently had a baby, or are an infant or child under 5 years old and you:

? Live in Maryland

? Have a nutritional need

? Have an income (before taxes) equal to or less than those on the chart below:

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Yearly</th>
<th>Every 2 weeks</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$19,240</td>
<td>$740</td>
<td>$370</td>
</tr>
<tr>
<td>2</td>
<td>$25,900</td>
<td>$997</td>
<td>$499</td>
</tr>
<tr>
<td>3</td>
<td>$32,560</td>
<td>$1,253</td>
<td>$627</td>
</tr>
<tr>
<td>4</td>
<td>$39,220</td>
<td>$1,509</td>
<td>$755</td>
</tr>
</tbody>
</table>

For each additional family member, add:

+$6,660 +$257 +$129

Foster children, MA, TCA & food stamp clients are income eligible

Call the WIC office near you to set up an appointment.

WIC Hotline: State 1-800-242-4WIC

(4942)

Allegany County (301) 759-5020
Anne Arundel County (410) 222-6797
Baltimore City:
Baltimore City Health Dept. (410) 396-9427
Johns Hopkins University (410) 223-1658
University of Maryland:
Edmondson Village (410) 328-0352
Baltimore County (410) 887-6000
Calvert County 1-877-631-6182
Caroline County (410) 479-8060
Carroll County (410) 876-4898
Cecil County (410) 996-5255
Charles County (301) 609-6857
Dorchester County (410) 479-8060
Frederick County (301) 600-2507
Garrett County (301) 334-7710
Grantsville residents (301) 895-3311
Harford County (410) 273-5656
Howard County (410) 313-7510
Kent County (410) 810-0125
Montgomery County (301) 762-9426
Prince George's County:
PG County Health Dept. (301) 856-9600
Greater Baden (301) 324-1873
Queen Anne's County (410) 758-0720
Somerset County (410) 749-2488
St. Mary's County 1-877-631-6182
Talbot County (410) 479-8060
Washington County (240) 313-3335
Wicomico County (410) 749-2488
Worcester County (410) 749-2488

Better nutrition for a brighter future...

April 2008

MARYLAND
WOMEN, INFANTS
& CHILDREN
NUTRITION PROGRAM
WIC grows healthier families...

WIC helps moms have healthier babies and helps babies and children to grow and develop. WIC provides foods high in iron, protein, vitamin C, and other nutrients. These foods may help develop strong minds and bodies.

WIC participants may receive at no cost:
- milk
- eggs
- cheese
- peanut butter
- beans
- cereal
- juice
- infant formula

WIC provides more than just good food...

- Nutrition education

Learn to create healthy, affordable meals using our tips and nutritious recipes. WIC helps you give your babies and children a healthy start. Meet with the WIC staff to get personalized answers for all of your nutrition questions.

- Breastfeeding support

WIC encourages breastfeeding! Get information about breastfeeding and help get breastfeeding off to a good start. Get information about breast pumps. WIC may even be able to help you get a breast pump.

- Health screening

We will help track your child's growth with regular growth and weight checks. This will help you understand your child's health and development.

- Referrals

If needed, we can refer you to medical care, immunization programs, Medical Assistance, food stamps, and other community programs.

Lots of people participate in WIC!

You can have a job or be unemployed. You can be married, single, or live with relatives. Fathers, mothers, guardians, or grandparents can apply for children under age 5. Look at the back page to see if you or your child may qualify.