

## Women, Infants, and Children Program (WIC)

**What it is:** The WIC Program helps to cover nutritional and other health needs for women with young children by helping them to pay for healthy groceries, providing nutrition education and counseling, and offering screening and referrals to other health, welfare and social services at WIC clinics.



**Who it benefits:** WIC serves mothers, women who are pregnant, infants, and children up to five years of age. Typically, for a family of four, the income limit is around \$40,000 and in most cases, potential applicants must be assessed by a health professional to determine if they are at nutritional-risk (such as underweight or anemic) in order to receive assistance.

**Why it matters:** A child's first few years of some of the most important. Making sure that infants and young children (not to mention the mom's taking care of them!) have adequate access to a properly balanced diet is essential to keeping them healthy.

**How to help employees:** Moms with very young children who may qualify should find out more about the program. They can contact the MD hotline at **1-703-305-2286** or find information online at [fha.maryland.gov/wic/](http://fha.maryland.gov/wic/)



### What you need to apply:

- Proof of identity: Birth certificate, Drivers license, Other Photo ID, US Passport, Visa, Resident alien card
- Proof of residency: Rent or mortgage receipts, Lease, Utility bills (gas, oil, electric), Homeowners or renters insurance
- Proof of income: Pay stubs, 2010 Tax return, W-2 from all jobs, 1099 form for any other income, Social Security award letter
- Expecting moms, moms with young kids, and any children that apply for WIC will need to get a medical evaluation in order to find out if they qualify. This can be done at any WIC clinic site.***

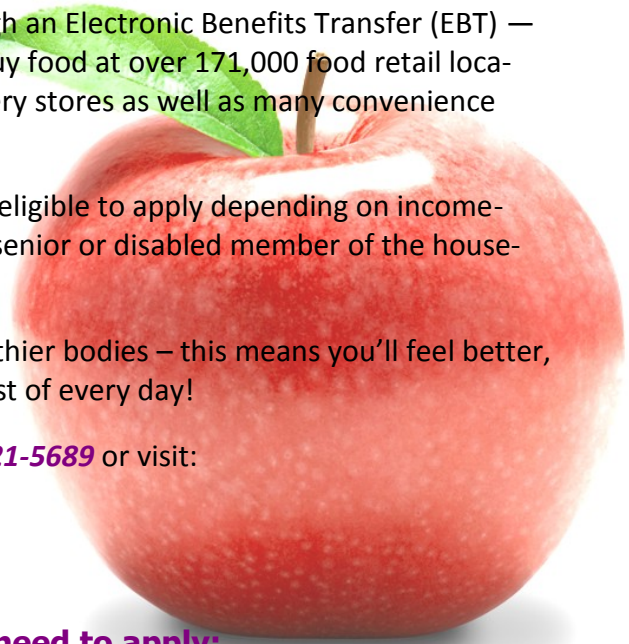
## Supplemental Nutritional Assistance Program (Food Stamps)

**What it is:** SNAP helps pay for groceries through an Electronic Benefits Transfer (EBT) — that works like a debit card and can be used to buy food at over 171,000 food retail locations through the US. It's accepted at most grocery stores as well as many convenience stores and even some local farmers' markets.

**Who it benefits:** Individuals and families are eligible to apply depending on income-level and other qualifications such as if there's a senior or disabled member of the household.

**Why it matters:** Healthier foods, means healthier bodies — this means you'll feel better, have more energy, and be ready to make the most of every day!

**How to apply:** Employees should call **1-800-221-5689** or visit:  
[www.fns.usda.gov/FSP/](http://www.fns.usda.gov/FSP/)



*Also find out more about the School Nutrition Incentive Programs that provide free and low-cost snacks and meals in for children in school.*

**Call: 1-410-767-0207.**



### What you need to apply:

- Proof of identity: Birth certificate, Photo ID, Passport, Visa, Resident alien card
- Proof of legal residency and work status: Social security number, Taxpayer Identification Numbers (ITINs)
- Proof of residency: Rent or mortgage receipts, Lease, Utility bills
- Proof of income: Pay stubs, 2010 Tax return, W-2 from all jobs, 1099 form for any other income
- Proof of disability: Letter from Social Security
- Proof of medical expenses not covered by health insurance: Prescriptions, Co-payment receipts
- Proof of other expenses: Tuition bills, child care bills, etc.

*NHSA and its members are committed to ensuring economic security for all working families.*

