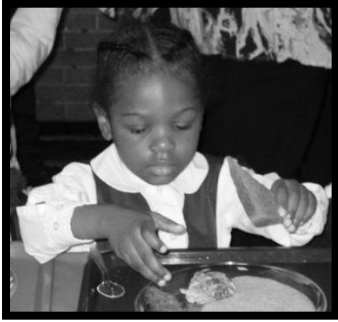


Working Families!

You can stretch your food budget with Food Stamps and WIC.



Take the time to apply.

- In 2007, **Food Stamp participants received an average of \$100.12 a month** to expand their purchasing power at the grocery store.
- Through **WIC, participants receive a monthly food package worth about \$50, nutrition education and breastfeeding assistance** to support healthy pregnancies and successful births. WIC is a supplemental nutrition support program for women, infants and children up to age 5.

You may qualify.

If you answer "yes" to any one of the questions below, you should apply.

1. Do you meet the income requirements?

Food Stamps	
Family Size	Monthly Income
1	\$ 1,127
2	\$ 1,517
3	\$ 1,907
4	\$ 2,297
5	\$ 2,687
6	\$ 3,077
7	\$ 3,467
8	\$ 3,857
Each additional member	\$ 390

WIC	
Family Size	Monthly Income
1	\$ 1,604
2	\$ 2,159
3	\$ 2,714
4	\$ 3,269
5	\$ 3,824
6	\$ 4,379
7	\$ 4,934
8	\$ 5,489
Each additional member	\$ 555

2. Do you already participate in any of these programs?

Participating in these programs makes you automatically eligible.

Food Stamps

- ✓ TANF
- ✓ Supplemental Social Security

WIC

- ✓ DC Healthy Families
- ✓ Medicaid
- ✓ Food Stamps

Apply now.

You don't have to miss work.

To apply for Food Stamps you can...

- Visit an office late on Wednesdays.
- Mail in your application and then do a phone interview.
- Send someone to enroll for you.

To apply for WIC you can...

- Visit an office late on Wednesdays.
- Visit an office on Saturdays.



**For more information: Contact D.C. Hunger Solutions at 202-986-2200.
Ask for Srinidhi Vijaykumar or Suzanne Henley.**