

How to Enroll in WIC

The Nutrition Program for Women, Infants and Children

Income guidelines
and locations for
enrolling in WIC

How do I know if I qualify?

Your family income will help the WIC staff know if you qualify. Even if your income is above the amount listed, you might still qualify. If you have questions about your eligibility, call the WIC office at 1-800-841-1410.

If you are pregnant, include the number of unborn babies in your household number. For example, if you are pregnant with twins, the number of people in your household is 3.

Number of people in your household	Maximum income to qualify – yearly	Maximum income to qualify – monthly
2	\$ 30,451	\$ 2,538
3	\$ 38,443	\$ 3,204
4	\$ 46,435	\$ 3,870
5	\$ 54,427	\$ 4,536
6	\$ 62,419	\$ 5,202

How do I apply?

To apply, call a WIC location near you. They will help you enroll.

How do I find a WIC location near me?

Online

1. Online, go to www.parenthelp123.org
2. Click on “Search”
3. Look under “Food Resources & WIC”
4. Click on “The nutrition program for Women, Infants and Children – WIC”
5. Enter your zip code in the “My location” search. (It is 98105 for the hospital main campus.)

Text

1. Text "WIC" to 96859
2. Enter the zip code near you. (It is 98105 for the hospital main campus.)

Where are the WIC locations close to Seattle Children's?

Clinic	Address	Phone	Distance from hospital
Country Doctor Community Clinic Mon, Tues, Thurs 9 a.m. to 5 p.m.	500 19th Ave E Seattle, WA 98112	206-299-1663	4 miles
North Public Health Center (Northgate) Mon 8 a.m. to 5 p.m.	10501 Meridian Ave N Seattle, WA 98113	206-296-4912	5 miles
Tuesday and Thursday 8 a.m. to 6:30 p.m.			
Wednesday and Friday 8 a.m. to 5 p.m.			
10:15 a.m. to 5 p.m. every second Wednesday of the month			
Breastfeeding peer counselor program available at this office 1x per week			
Odessa Brown Children's Clinic Monday through Friday 9:15 a.m. to 5 p.m.	2101 E Yesler Way Seattle, WA 98122	206-987-7235	7 miles
Second Saturday of the month 9 a.m. to 12 p.m.			
Breastfeeding peer counselor program available at this office 1st Monday and 2nd Thursday of every month			

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To Learn More

- Lactation Services
206-987-1420
- Ask your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask
your child's nurse.
- From outside the
hospital, call the
toll-free Family
Interpreting Line
1-866-583-1527. Tell
the interpreter the
name or extension
you need.

Kaiser Permanente Washington Sites:

You do **not** need to be a member of Kaiser Permanente Washington to receive WIC services at these locations.

Clinic	Address	Phone	Distance from hospital
Kaiser Permanente Washington Teen Pregnancy and Parenting Clinic Tuesday and Thursday 1 p.m. to 5 p.m.	200 15th Ave E Central Building 100 Seattle, WA 98112	206-326- 2656	4 miles
Kaiser Permanente Washington Central Seattle Tuesday and Thursday 9 a.m. to 12:30 p.m.	125 16th Ave E Seattle, WA 98112	206-326- 2060	4 miles

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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