

NUTRITION SERVICES FOR WOMEN: PREGNANT, POSTPARTUM, OR BREASTFEEDING



PATIENT NAME: _____

DATE: _____

PLEASE VISIT WIC FOR THESE SERVICES, WHICH WILL HELP YOUR FAMILY GROW AND THRIVE.

POR FAVOR VAYA A WIC PARA LOS SIGUIENTES SERVICIOS, ESTOS LE AYUDARÁN A SU FAMILIA A CRECER Y A PROSPERAR.

- Healthy Weight Gain During Pregnancy / Aumento de peso saludable durante el embarazo
- Foods for a Healthy Pregnancy / Alimentos para un embarazo saludable
- Iron-rich Foods / Alimentos ricos en hierro
- PICA and Pregnancy / PICA y Embarazo
- Weight Loss After Pregnancy / Pérdida de peso después del embarazo
- Foods Rich in Folic Acid / Alimentos ricos en ácido fólico
- Nutrition for Healthy Mom / Nutrición para una mamá saludable
- Other / Otro: _____

HEALTHCARE PROVIDER NAME (PLEASE PRINT)

SIGNATURE

PHONE NUMBER



| | |
|--|----------------|
| Allegany County | (301) 759-5020 |
| Anne Arundel County | (410) 222-6797 |
| Anne Arundel Spanish | (410) 222-0139 |
| Baltimore City (Health Department) | (410) 396-9427 |
| Baltimore City (Johns Hopkins) | (410) 614-4848 |
| 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 |
| Harford County | (410) 939-6680 |
| Howard County | (410) 313-7510 |
| Kent County | (410) 810-0125 |
| Montgomery County (CCI) | (301) 762-9426 |
| Prince George's County (Health Department) | (301) 856-9600 |
| Prince George's County (Greenbelt) | (301) 762-9426 |
| Prince George's County (Greater Baden) | (301) 324-1873 |
| Queen Anne's County | (443) 262-4423 |
| 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 |
| Maryland Toll-Free | 1-800-242-4WIC |



This institution is an equal opportunity provider.