



# North Carolina WIC Program

## Healthy Habits, Healthy Families

### WIC can help you:

- Make healthy eating choices
- Stretch your grocery budget
- Breastfeed your baby
- Find other helpful community resources

### Do you qualify?

- Are you pregnant?
- Have you recently had a baby?
- Are you a breastfeeding mom?
- Do you have a child under age five?

2011 WIC Income Guidelines		
Household Size	Monthly Income	Annual Income
1	\$ 1,679	\$20,147
2	\$ 2,268	\$27,214
3	\$ 2,857	\$34,281
4	\$3,446	\$41,348
5	\$4,035	\$48,415

For more information about WIC go to [www.nutritionnc.com](http://www.nutritionnc.com)



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