

**Do you have a child under 5?
Are you pregnant or breastfeeding?**



WIC provides:

- healthy food
- health referrals
- breastfeeding support
- nutrition information



Applicants must live in North Carolina,
meet income guidelines, and have
an identified nutrition/medical risk factor.



For more information about WIC:

Visit the WIC web site at

www.nutritionnc.com

Or call, toll free in NC,

**1-800-FOR-BABY
(1-800-367-2229)**

This institution is an equal opportunity provider.