



# 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?

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

This institution is an equal opportunity provider.

WIC Income Guidelines (effective July 1, 2017)		
Family Size	Annual Income	Monthly Income
1	\$22,311	\$1,860
2	\$30,044	\$2,504
3	\$37,777	\$3,149
4	\$45,510	\$3,793
5	\$53,243	\$4,437