WHAT IS WIC?
The Women, Infants and Children (WIC) Program is a nutrition program that helps families stay healthy!

WHAT DOES WIC PROVIDE?
WIC provides access to:
- Healthy foods
- Nutrition education
- Breastfeeding support
- Resources for families

WHO IS WIC FOR?
You can participate in WIC if you:
- Are pregnant, a new mom, breastfeeding or have an infant or child under age 5.
- Live in North Carolina.
- Receive Medicaid, Food Stamps, Work First or have a family income less than WIC income guidelines.
- Have a nutritional need determined by the WIC Nutritionist.

FOR MORE INFORMATION, CONTACT:

This institution is an equal opportunity provider.