



# NUTRITION SERVICES

Your health care provider recommends visiting WIC to receive the right personalized support for you and your family.

- Breastfeeding support
- Healthy foods
- Nutrition advice
- Support during pregnancy
- Solutions for picky-eaters
- Referrals to additional resources
- Other: \_\_\_\_\_

## CONTACT YOUR LOCAL WIC OFFICE TODAY!



Find your local WIC Agency  
CALL 1-844-601-0365  
TEXT localwic + your zip code to 67076  
VISIT [nutritionnc.com/mywic](http://nutritionnc.com/mywic)



State of North Carolina • Department of Health and Human Services • Division of Public Health • Nutrition Services Branch  
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