



WHAT IS WIC?

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

WIC provides:

- Benefits to buy healthy foods.
- Nutrition advice
- Breastfeeding support
- Referrals for resources outside of WIC.



WHO IS WIC FOR?

You can participate in WIC if you:

- Are pregnant, have recently had a baby, are breastfeeding, or have a child under age five
- Live in North Carolina; citizenship not required
- Have a family income less than WIC income guidelines or receive Medicaid, TANF or Food Stamps
- Have a nutritional need determined by the WIC nutritionist



HOW DO I APPLY?

Find a WIC office near you:

- **CALL** 1-844-601-0365
- **TEXT** keyword localwic + your zip code to 67076
- **VISIT** signupwic.com/local

| NC WIC Program Income Guidelines (effective June 22, 2020) | | |
|---|---------------|----------------|
| Family Size | Annual Income | Monthly Income |
| 1 | \$23,606 | \$1,968 |
| 2 | \$31,894 | \$2,658 |
| 3 | \$40,182 | \$3,349 |
| 4 | \$48,470 | \$4,040 |
| 5 | \$56,758 | \$4,730 |

