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)

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Annual Income</th>
<th>Monthly Income</th>
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