



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 or
- www.nutritionnc.com/mywic

NC WIC Program Income Guidelines (effective June 14, 2021)		
Family Size	Annual Income	Monthly Income
1	\$23,828	\$1,986
2	\$32,227	\$2,686
3	\$40,626	\$3,386
4	\$49,025	\$4,086
5	\$57,424	\$4,786

