



WHAT IS WIC?

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

WIC provides:

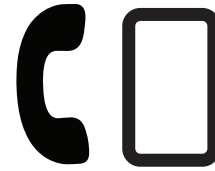
- Benefits to buy healthy foods
- Nutrition advice
- Breastfeeding support
- Referrals for resources outside of WIC



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
- 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 July 1, 2018) | | |
|--|---------------|----------------|
| Family Size | Annual Income | Monthly Income |
| 1 | \$22,459 | \$1,872 |
| 2 | \$30,451 | \$2,538 |
| 3 | \$38,443 | \$3,204 |
| 4 | \$46,435 | \$3,870 |
| 5 | \$54,427 | \$4,536 |

