



## 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](http://signupwic.com/local)

NC WIC Program Income Guidelines (effective June 17, 2019)		
Family Size	Annual Income	Monthly Income
1	\$23,107	\$1,926
2	\$31,284	\$2,607
3	\$39,461	\$3,289
4	\$47,638	\$3,970
5	\$55,815	\$4,652

