



North Carolina WIC Update

The Special Supplemental Nutrition Program for Women, Infants, and Children



WHO IS WIC FOR?

WIC Serves eligible pregnant, postpartum and breastfeeding women, infants, and children under age 5.

Eligibility Requirements include NC residence, income, and nutrition risk

WHAT DOES WIC PROVIDE?



Healthy Food



Breastfeeding Support



Nutrition Education



Health Checks & Referrals



Meaningful Service.
Modern Solutions.
www.ncdhhs.gov/ncwic

Join us!

The Community Nutrition Services Section will be hosting the 2026 NC WIC Conference June 24-25, 2026 at the NC State McKimmon Center in Raleigh, North Carolina. The conference is open to everyone and offers a time to learn and connect!

This year's conference will focus on the role and importance of customer service, technological options and advancements within the North Carolina WIC program.

For more information or to register:
[NC WIC Conference](#)

WIC FOODS

CANNED TUNA AND SALMON



In January of this year canned fish was added to all women and child food packages. The addition of canned tuna and salmon provides more choice, balance, variety, and support to WIC participants.

What are some of the benefits of Tuna?

- Tuna is a protein-packed pantry staple that is full of Omega-3s, iron, and vitamins B6 and B12. It can be found in both cans and pouches and easily added to salads or pasta to make a hearty meal.
- One 5-ounce can of tuna contains 33 grams of protein, 1500mg of Omega-3s, and only 180 calories.

SIP, SIP
Horray!



Stay cool and hydrated this summer! When it's hot outside, your body needs more water to stay healthy and energized. Try to drink water throughout the day, even if you don't feel thirsty.

Bring a water bottle with you when heading out, offer water to your children often, and add fresh fruit like lemons or berries for extra flavor. Choosing water instead of sugary drinks can help your family feel their best.

Technology Drive >

North Carolina WIC is continually working to expand the use of technology to make services easier and more convenient for families. Key improvements include:

- Remote appointments for enrolled participants.
- Use of the MyNCWIC Portal to increase efficiency during appointments.
- Text messaging to share reminders and important updates.
- Improved shopping experience through use of the eWIC app

These updates help families stay connected to WIC while saving time and reducing travel. By focusing on these improvements, WIC is making services more accessible, efficient, and flexible for participants.

WIC is also working to make technology easy to use. Families can get help from their local WIC agency on how to use online tools and text services so that they can feel confident staying connected. These updates are designed to support busy schedules and make it easier to get the benefits and information they need, when they need them.

For more information, visit our NC WIC website: www.ncdhhs.gov/ncwic

