

ALL ABOUT WIC

North Carolina WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children and is funded by the United States Department of Agriculture.

WHAT DOES WIC PROVIDE?



Breastfeeding support.



Nutritious foods.



Nutrition education.



Referrals to community resources.

WHO IS WIC FOR?



- Pregnant women.
- Breastfeeding women who have had a baby in the past 12 months.
- Women who have had a baby in the last six months.
- Infants.
- Children up to their 5th birthday.

AM I ELIGIBLE?



To be eligible, you or your child must:

- Live in North Carolina.
- Meet WIC Income Guidelines.
- Talk with a WIC Nutritionist about health and nutrition habits.

Note: A person receiving Medicaid, Temporary Assistance for Needy Families (TANF) known as Work First (WF), or NC Food and Nutrition Services (FNS/Food Stamps) automatically meets WIC Income Guidelines.

WHERE DO I APPLY?



To find the WIC office closest to you, visit: www.ncdhhs.gov/ncwic/mywic

Or scan this code with your phone's camera.



What will I need to bring to my first appointment?

Proof of Identity:

Bring at least one current form of identification (ID) for each person applying. This may include:

- Photo ID, DMV.
- Work or military ID.
- Immunization record (Infants/children only).
- NC voter registration card.
- Social Security card.
- Insurance card.
- Birth certificate.
- Hospital ID card or bracelet.

Proof of Residence (where you live):

Bring at least one proof of residence that shows the current physical address for each person applying. A P.O. Box address may not be used for proof of residence. This may include:

- Photo ID, DMV.
- Recent utility bill.
- Bank statement.
- Insurance card.
- Unemployment letter or notice.
- Letter of certification from Food and Nutrition Services (FNS/Food Stamps).
- Current mortgage or rental agreement.
- NC voter registration card.

Proof of Income:

If you receive Medicaid, WF/TANF or FNS/Food Stamps you automatically meet the income guidelines and do not need to bring any additional documentation. If not, you must show income before taxes for all members of your household and should bring at least one of the following:

- Most recent paycheck stubs.
- Military Leave and Earnings Statement (LES).
- Letter from employer stating gross income and frequency of pay.
- Recent tax return (if self-employed).

What kinds of food can I buy with WIC Food Benefits?



- Fruits and vegetables: fresh, frozen, canned.
- 100% fruit or vegetable juice.
- Peanut butter, legumes, and eggs.
- Milk, cheese, yogurt, tofu, and soy beverages.
- Whole grain bread, cereals, tortillas, rice, and pasta.
- Foods for your baby.

These foods are available in a variety of brands, sizes, and types, including organic!

What happens at a WIC application appointment?



- Your proof of identity, where you live, and household income will be reviewed to check eligibility.
- Height, weight, and a blood test for iron levels will be done unless you bring this information from another clinic or doctor's office.
- You will be asked questions about your health and your eating habits.
- Any nutrition concerns or questions you have will be discussed.
- A health professional will review your health information to see if you are eligible for WIC.
- You will get an eWIC (debit) card to use at the store for WIC-approved foods.
- A WIC staff member will review all the foods you will receive and how to shop for WIC-approved foods.

