



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:

- **VISIT** www.signupwic.com/ or
- www.ncdhhs.gov/ncwic/mywic

NC WIC Program Income Guidelines (effective June 2, 2025)		
Family Size	Annual Income	Monthly Income
1	\$28,953	\$2,413
2	\$39,128	\$3,261
3	\$49,303	\$4,109
4	\$59,478	\$4,957
5	\$69,653	\$5,805

