

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.

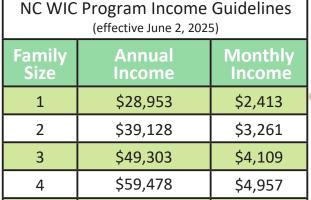
\$5,805

HOW DO I APPLY?

Find a WIC office near you:

 VISIT www.signupwic.co 	m/ or
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\$69,653



