



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 or TEXT** 1-844-601-6881
- **TEXT** wic + your zip code, no spaces (ex. wic12345)
- **VISIT** www.signupwic.com/ or
- www.ncdhhs.gov/ncwic/mywic

NC WIC Program Income Guidelines (effective June 1, 2023)		
Family Size	Annual Income	Monthly Income
1	\$26,973	\$2,248
2	\$36,482	\$3,041
3	\$45,991	\$3,833
4	\$55,500	\$4,625
5	\$65,009	\$5,418

