



North Carolina WIC Update

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

Fall 2023, Volume 6

WHAT DOES WIC PROVIDE?



Healthy Food



Breastfeeding Support



Nutrition Education



Health Checks & Referrals



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.

Visit www.ncdhhs.gov/ncwic/mywic for more information on WIC eligibility.

WIC Benefit Spotlight:

Breastfeeding Support

Each year, the USDA announces the WIC Breastfeeding Award of Excellence recipients. The WIC Breastfeeding Award of Excellence Program recognizes local WIC agencies that have demonstrated model practices in Breastfeeding Peer Counseling (BFPC), as well as those who are at varying stages of implementing exemplary breastfeeding promotion and support practices. This year, North Carolina had the highest number of awardees in the Southeast region, with eight North Carolina local WIC agencies receiving the award. Each of the awarded local agencies shows a strong commitment to the implementation and maintenance of their BFPC program. Through engaging community stakeholders, and developing strong community partnerships, North Carolina WIC provides the highest level of support for its participants and families. Click [HERE](#) to learn more about the recipients!



Modernization of WIC: Remote Service Options

The provision of remote services, via COVID waivers, to eligible families over the last several years has proven to be highly effective and efficient. Research suggests that the burdens eligible participants face when it comes to accessing and maintaining benefits, are significantly reduced when participants have access to remote services.

USDA recognizes the benefits of remote services and how they have become foundational to offering a modern WIC experience to participants. In an effort to provide the best experience for participants, NC WIC has worked to modernize the WIC experience. As of August 1st, 2023 remote appointment options are being offered to eligible participants where available. This will allow WIC staff the opportunity to be flexible and accommodating of participants' needs when scheduling appointments for families. Contact your local WIC agency to learn about their remote services.



We invite you to help spread the word about WIC!

If you would like to order NC WIC outreach materials for distribution in your area, please submit the order form available via the link below:



[WIC Outreach Materials Order](#)



Sausage, White Bean, and Spinach Soup

Makes 4-6 Servings

Ingredients:

- 1 pkg of your favorite pre-cooked sausage, thinly sliced
- 2- 15oz. cans white beans, rinsed
- 4 cups vegetable broth
- 3 carrots, peeled and sliced
- 2 stalks celery, chopped
- 1 tbs oil (olive, canola, vegetable)
- 2 cloves garlic, minced
- 2 cups chopped fresh spinach (or 16oz frozen)

Directions:

- Heat oil in large stock pot over medium heat.
- Add sliced sausage, garlic, carrots, celery, and broth to pot. Bring to a boil, then reduce heat to low and cook for 20-30 minutes, or until vegetables are fork tender.
- Add beans and continue to cook for 10 more minutes.
- Add spinach and cook until spinach is wilted (if fresh) or thawed (if frozen).
- Season with salt and pepper to taste.
- Serve warm with crunchy bread.



Recipes

Recipes with a focus on WIC foods



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



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