



# North Carolina WIC Update

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

Fall 2024, Volume 10



## 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.

## WHAT DOES WIC PROVIDE?



Healthy Food



Breastfeeding Support



Nutrition Education



Health Checks & Referrals

# FLU

## season



As we enter this flu season, it's essential to protect yourself and your family by getting your annual flu shot. Here are a few key reasons to make flu vaccinations a priority:

- 1. Protect Your Health:** The flu can cause severe illness and complications, particularly for vulnerable populations such as young children, the elderly, and those with chronic health conditions.
- 2. Prevent the Spread:** By getting vaccinated, you help reduce the spread of the flu virus in our community, protecting those who may be at higher risk of serious complications.

For more information visit: <https://covid19.ncdhhs.gov/flu>

## WIC Modernization

# MyNCWIC Portal

On April 1, 2024 the Community Nutrition Services Section began roll out of the MyNCWIC portal to all North Carolina local WIC agencies, as part of continued efforts to modernize WIC. Currently over half of our state local WIC agencies are participating and promoting use of the portal to participants as a way to streamline WIC appointments and improve the WIC experience. The MyNCWIC Portal allows families currently participating in the WIC Program to prepare for their upcoming appointments and save time spent in the office. Participating families can visit the MyNCWIC Portal to upload documentation, answer health questions, request a new appointment, use telehealth where available, and communicate with their WIC clinic.

For more information:

[MYNCWIC Portal](#)



## Local Agency Spotlight

### Scotland County Health Department

Community outreach is an integral part of WIC. This is but one example of an innovative way that our local NC WIC agencies work to reach those most in need in our communities. The Scotland County Health Department purchased a new vehicle using funds from the health department and WIC agency, which will be used by staff to complete outreach activities throughout the local communities. The health department had a ribbon cutting on February 29, 2024 to reveal what will be called the "Wellness Warrior." This will allow WIC staff to meet individuals where they are to provide support, education, and resources in order to build healthier communities.



## Staying Connected

Have you visited our website?

Visit the North Carolina WIC Community Nutrition Services Section website to access a wealth of information and resources designed to support the health and well-being of the population that we serve. Our site provides a variety of educational materials tailored to the needs of women, infants, and children. You can also find the link to order resources that you can provide to those in your community. Visit our website via the link below to explore how we can work together to foster a healthier future for all!

## FOLLOW US!



Follow the link to access a variety of ways to stay connected. You can find the North Carolina Department of Health and Human Resources on Facebook, Instagram, X, YouTube, and LinkedIn.

For more information, visit our NC WIC website: [www.ncdhhs.gov/ncwic](http://www.ncdhhs.gov/ncwic)



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