



# North Carolina WIC Update

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

Fall 2022, Volume 2

## WHAT DOES WIC PROVIDE?



Healthy Food



Breastfeeding Support



Nutrition Education



Health Checks & Referrals



## WHO IS WIC FOR?

WIC Serves pregnant, postpartum and breastfeeding women, infants and children under age 5.

Other eligibility requirements include NC residence, income and nutrition risk.

Visit [www.ncdhhs.gov/ncwic/mywic](http://www.ncdhhs.gov/ncwic/mywic) for more information on WIC eligibility.

### WIC Benefit Spotlight:

#### Healthy Foods

WIC provides access to healthy foods to help stretch a family's food dollars. A pregnant woman and a child participating in WIC could receive \$190 worth\* of healthy food every month! The WIC food package includes foods such as:

- Fruits and vegetables: fresh, frozen, canned.
- 100% fruit or vegetable juice.
- Peanut butter, legumes, and eggs.
- Milk, cheese, yogurt, tofu, and soy-based beverage.
- Whole grain bread, rolls, buns, cereals, oatmeal, tortillas, rice, and pasta.

*These foods are available in a variety of brands, sizes and types, including organic!*



\*The dollar amount listed is an estimation only. The value of the WIC food benefits will vary based on participant category and the type/brand of food purchased.

**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 Form](#)

We hope that these materials will be useful in referring potentially eligible participants to the NC WIC Program.

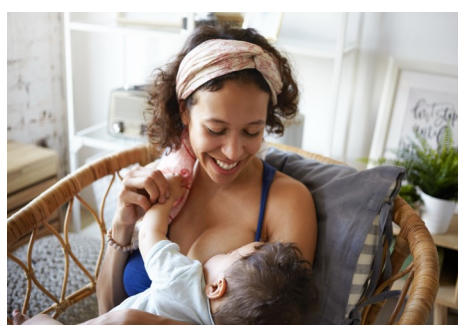


### New Breastfeeding Recommendations Released by the American Academy of Pediatrics:

#### Breastfeeding Encouraged to 2 Years of Age

In June of 2022, the American Academy of Pediatrics (AAP) issued an updated policy statement which extends the recommendation for the duration of breastfeeding to a minimum of 2 years (previous recommendation was a minimum of 1 year). Families are encouraged to breastfeed beyond 2 years, if desired. Studies indicate that human milk in the second year of life continues to provide benefits for both the toddler and the mother.

The NC WIC Program endorses the new recommendation from the AAP and promotes and supports breastfeeding by providing a breastfeeding-friendly environment for all WIC families and WIC staff. Local WIC agencies provide breastfeeding education, referrals, peer counseling services, and breastfeeding supplies.



## Smart Bites by WIC

Recipes with a focus on WIC foods



### Macaroni & Cheese

Servings: 4-6

#### Ingredients

- 2 cups dry whole grain pasta such as elbow macaroni, spirals, or wheels
- 3 tablespoons butter
- 3 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups milk
- 2 cups American cheese, shredded or cut into cubes
- ¼ cup minced onion
- 1 cup cooked vegetables

#### Directions

Cook macaroni following package directions. Drain well. Melt butter in a separate pan. Add flour, salt and pepper. Stir until smooth. Add milk slowly while stirring. Add onion to mixture. Cook over medium heat until mixture boils and thickens, stirring constantly. Stir in cheese. Cook until the cheese melts. Add cooked macaroni and vegetables to the cheese sauce and heat through.

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

