

# The Value of WIC

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC provides food benefits to help stretch your food dollar.

A family with 2 children participating in WIC could receive **\$150 worth of nutritious food every month!**\*



A pregnant woman and a child participating in WIC could receive **\$190 worth of nutritious food every month!**\*



A fully breastfeeding mother and 6 month old infant participating in WIC could receive **\$240 worth of nutritious food every month!**\*



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

Example: 7.5 gallons of milk, 4 containers of juice, 6 boxes of cereal, 2 dozen eggs, 2 loaves of bread, 2 packages of whole grain pasta, 2 jars of peanut butter, 2 quarts of yogurt, and \$52 in fruits and vegetables.

Example: 9 gallons of milk, 5 containers of juice, 6 boxes of cereal, 2 dozen eggs, 3 loaves of bread, 2 jars of peanut butter, 2 quarts of yogurt, 4 cans of beans, and \$73 in fruits and vegetables.

Example: 5 gallons of milk, 3 containers of juice, 3 boxes of cereal, 2 lb. cheese, 2 dozen eggs, 1 loaf of bread, 30 oz. canned fish, 1 jar of peanut butter, 4 cans of beans, 1 quart of yogurt, infant cereal/meats/fruits and vegetables, and \$52 in fruits and vegetables.

\*The value of the WIC food benefits will vary based on WIC participant category, the type/brand of food purchased and the grocery store where the food is purchased. The dollar amounts listed are estimates only.

WIC food benefits can be used to buy a variety of healthy 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 beverages.
- Whole grain bread, rolls, buns and tortillas.
- Whole grain cereals, oatmeal, pasta, bulgur, barley and rice.
- Foods for your baby.

You can buy your WIC foods at your local grocery stores. The eWIC card and ebtEDGE<sup>SM</sup> phone app make shopping for WIC foods easy!



In addition to access to healthy foods, WIC also provides:



Nutrition Education



Breastfeeding Education and Support



Health Checks and Referrals

To learn more about WIC eligibility, visit <https://www.ncdhhs.gov/ncwic/mywic>



NC Department of Health and Human Services • Division of Child and Family Well-Being  
Community Nutrition Services Section • [www.ncdhhs.gov/nc-wic-cacfp](http://www.ncdhhs.gov/nc-wic-cacfp)  
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