



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:

- **VISIT** www.signupwic.com/ or
- www.ncdhhs.gov/ncwic/mywic

NC WIC Program Income Guidelines (effective June 1, 2024)		
Family Size	Annual Income	Monthly Income
1	\$27,861	\$2,322
2	\$37,814	\$3,152
3	\$47,767	\$3,981
4	\$57,720	\$4,810
5	\$67,673	\$5,640

