



North Carolina WIC Update

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

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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



Did You Know? WIC Myth or Fact

Once a child reaches 1 year of age they are no longer eligible to receive benefits.



MYTH– Children may receive benefits up until their 5th birthday.

Immigrants' legal status cannot be denied due to participation in WIC.



FACT– WIC does not ask participants for legal status and participation in the WIC program cannot be included in the government's ability to deny immigrants' legal status.

FNS (SNAP) is the same as WIC so participants are not eligible for WIC benefits.



MYTH– FNS (SNAP) is a different program from WIC and if a participant is eligible for SNAP/EBT they are automatically income eligible for WIC.

CELEBRATING 50 YEARS OF WIC



Since the first WIC clinic opened in Pineville, Kentucky, in 1974, the program now provides services through almost 1,900 local agencies in all 50 states, 34 Indian Tribal Organizations, the District of Columbia, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, Puerto Rico, and the Virgin Islands.

The key to the program's success lies in its nearly 10,000 clinics that provide supplemental nutritious foods, health care referrals, nutrition education, and breastfeeding promotion and support. North Carolina WIC currently serves over 230,000 women, infants, and children each year through 85 agencies throughout the state. Over the last five decades, the WIC program has consistently shown that participation leads to better pregnancy outcomes, instills good nutrition habits, and promotes healthy behaviors that participants carry with them for a lifetime.

Medicaid Expansion:

Health coverage for more North Carolinians

On December 1st, 2023 more than 600,000 North Carolinians became eligible to receive health care coverage through Medicaid. Medicaid expansion has increased access to comprehensive, whole person health care for thousands of adults ages 19-64 and will positively impact child and family health and well-being. Medicaid covers most health services including doctors' visits, checkups, emergency care, care during and after pregnancy, vision and hearing services, prescription drugs, health devices, dental and more at little or no cost to participants. Eligible adults will be able to worry less about the cost of health care and parents/caregivers will become more likely to seek treatment for children with special health care needs. Expansion of Medicaid coverage will increase access to health care and improve health outcomes.



WIC Recipes
Recipes with a focus on WIC foods.

Click for Printable Recipe:
[WIC Recipes](#)

WIC RECIPES Egg Muffins Makes 12 servings

Ingredients:

Base:


- 12 large eggs
- Salt and pepper to taste

Variations (mix and match to your taste)

- 1/3 cup crumbled cooked bacon
- 1/3 cup of your favorite cheese, shredded
- 1/3 cup diced tomatoes
- 1/2 cup chopped cooked spinach (if fresh); or 1/2 cup chopped frozen spinach
- 1/4 cup chopped bell pepper

Directions:

- Preheat oven to 350 degrees.
- Generously coat a 12-cup muffin tin with oil (canola, olive, etc.).
- In a large bowl, whisk together eggs. Season with salt and pepper to taste.
- Fill each hole of muffin tin about halfway with egg mixture.
- Divide toppings of choice among each muffin cup.
- Bake for 15-20 minutes, until eggs are set. Serve immediately.
- Can be stored in fridge for up to 4 days or frozen for up to 3 months and reheated when ready to eat.



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