

# WIC MAKES A HEALTHY DIFFERENCE



## WIC PROVIDES:



HEALTHY FOODS



NUTRITION  
COUNSELING AND  
EDUCATION



BREASTFEEDING  
SUPPORT



REFERRALS TO  
OTHER PROGRAMS

## To be eligible for WIC, you must:

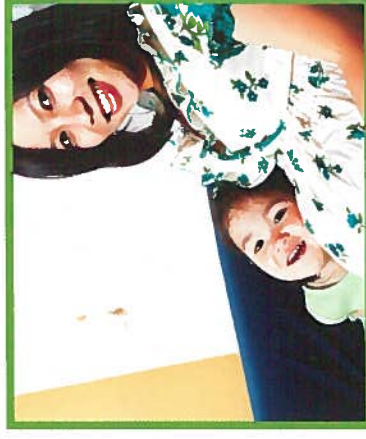
1. Be pregnant, breastfeeding, a new mom or an infant or a child under age 5.
2. Receive Medicaid, Food Stamps, Work First or meet the WIC program's income guidelines.
3. Live in North Carolina.
4. Talk with a WIC nutritionist at your WIC appointment.



## To apply for WIC, you must:

- Make an appointment with your local WIC program.
- Provide identification for yourself and each person applying for WIC.
- Provide proof of where you live.
- Provide proof of household income.

Contact your local WIC program for a complete list of acceptable documentation. WIC does not ask about visa status or citizenship.



## Find your local WIC program:

Call 1-844-601-0365

Text keyword localwic + your zip code to 67076

Visit [nutritionnc.com/mywic](http://nutritionnc.com/mywic)



State of North Carolina • Department of Health and Human Services  
Division of Public Health • Nutrition Services Branch  
[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.nutritionnc.com](http://www.nutritionnc.com)



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