



## What is WIC?

The Women, Infants and Children (WIC) Program is a nutrition program that helps families stay healthy!

## What does WIC provide?

WIC provides access to:

- Healthy foods
- Nutrition education
- Breastfeeding support
- Resources for families



## Who is WIC for?

You can participate in WIC if you:

- Are pregnant, a new mom, breastfeeding or have an infant or child under age 5.
- Live in North Carolina.
- Receive Medicaid, Food Stamps, Work First or have a family income less than WIC income guidelines.
- Have a nutritional need determined by the WIC Nutritionist.

**For more information, contact: 704-853-5100**

This institution is an equal opportunity provider.