

What is WIC?

WIC is a Nutrition Program for Women, Infants, and Children funded by the United States Department of Agriculture.

Am I eligible?

To be eligible, you or your child must:

- Live in North Carolina
- Have a household income equal to or less than 185 percent of the U.S. Poverty Income Guidelines.
A person receiving Medicaid, Work First Families Assistance (TANF), or assistance from the NC Food and Nutrition Services automatically meets the income eligibility requirement.
- Be at nutritional risk based on:
 - Abnormal height and/or weight measurements
 - Abnormal blood test for low iron
 - Documented nutrition-related medical conditions
 - Inadequate dietary intake



Who is WIC for?

- Children up to five years of age
- Pregnant women
- Infants
- Breastfeeding women who have had a baby in the last 12 months
- Women who have had a baby in the last six months

What does WIC provide?

- Breastfeeding support
- Nutrition education
- Nutritious foods
- Referrals for health care

Where do I apply?

To apply for the WIC Program please contact the WIC office that serves the residents of the county in which you live.

- To find the location of the WIC office for the county where you live, you may:
 - contact your local health department or visit www.nutritionnc.com

With some exceptions, each person applying for WIC must be physically present at the time of application at the WIC office.



What happens at a WIC application?

- Your proof of identity, where you live, and household income will be reviewed.
- You will be asked questions about your health and your eating habits.
- Height, weight, and a blood test for iron deficiency will be done unless you bring this information from another clinic or doctor's office.
- A nutritionist or nurse will review your health information to see if you are eligible for WIC.
- Any nutrition problems or questions you have will be discussed.
- If eligible, you will be given "food instruments" to take to the store to get your food.

What will I need?

Examples of what you will need to bring:

Current Identification:

(Only one is needed for each person applying)

Valid driver's license, Social Security card, work/ school ID, Medicaid card, military ID, birth certificate, immunization record; and for infants: hospital crib card or ID bracelet

Proof of Residence (where you live):

(Only one is needed for each person applying)

Recent utility bill, valid driver's license, Medicaid card, bank statement, current rental or mortgage agreement



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Proof of Income:

(before taxes for all members of your household)

- Most recent paycheck stubs or LES for military families
- Current Medicaid card
- Letter of certification from Food & Nutrition Services
- Letter from employer stating gross income and frequency of pay
- Recent tax return for the self-employed

Need more information?

- On the internet go to:
www.nutritionnc.com,
then click on Go to WIC Page
- Call your local WIC office at:



North Carolina Department of Health and Human Services Division of Public Health • Nutrition Services Branch
www.ncdhhs.gov • www.nutritionnc.com

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