



# North Carolina WIC Program

Healthy Habits, Healthy Families

WIC can help you:

- Make healthy eating choices
- Stretch your grocery budget
- Breastfeed your baby
- Find other helpful community resources

Do you qualify?

- Are you pregnant?
- Have you recently had a baby?
- Are you a breastfeeding mom?
- Do you have a child under age five?

For more information about WIC go to [www.nutritionnc.com](http://www.nutritionnc.com)

This institution is an equal opportunity provider.

WIC Income Guidelines (effective July 1, 2016)		
Family Size	Annual Income	Monthly Income
1	\$21,978	\$1,832
2	\$29,637	\$2,470
3	\$37,296	\$3,108
4	\$44,955	\$3,747
5	\$52,614	\$4,385