



## 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
- Breastfeeding support
- Nutrition education
- 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:



CommWell Health WIC  
1-877- WELL-ALL (935-5255)  
[www.commwelhealth.org](http://www.commwelhealth.org)



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