



# Women, Infants & Children

## WIC Program

### What is WIC?

WIC stands for Women, Infants and Children. It is the Special Supplemental Nutrition Program for Women, Infants, and Children funded by the United States Department of Agriculture, commonly referred to as the WIC Program.

### Who is WIC for?

- Children up to 5 years of age
- Infants
- Pregnant women
- Breastfeeding women who have had a baby in the last 12 months
- Women who have had a baby in the last 6 months

### What does WIC provide?

- Healthy foods
- Health care referrals
- Breastfeeding support
- Eating tips for you and your child

### Am I Eligible for WIC?

To be eligible, you or your child must:

- Live in North Carolina
- Live in a household with income at or below WIC guidelines
- Have a health risk factor based on:
  - height and weight
  - blood test for low iron
  - health history
  - diet history

### Need More Information?

County health departments, community and rural health centers, and community action agencies provide WIC Program services - **find the WIC Program in your county**. For other helpful information contact the DHHS Customer Service Center at 1-800-662-7030 (TTY: 1-877-452-2514). **DHHS Customer Service Center staff will never ask callers for bank account or credit card information.**



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North Carolina Public Health