



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:

McDowell County Health Department
408 Spaulding Rd., Marion, NC 28752
(828) 652-6811 ext. 3

This institution is an equal opportunity provider.