



NORTH CAROLINA WIC PROGRAM

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?

WIC INCOME GUIDELINES (EFFECTIVE JUNE 1, 2013)

FAMILY SIZE	ANNUAL INCOME	MONTHLY INCOME
1	\$21,257	\$1,772
2	\$28,694	\$2,392
3	\$36,131	\$3,011
4	\$43,568	\$3,631
5	\$51,005	\$4,251



For more information about WIC go to BuncombeCounty.org/WIC or NutritionNC.com

This institution is an equal opportunity provider.