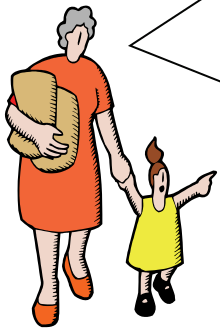




Let's Begin!

- Be a NC resident
- Bring identification
- Bring proof of residency
- Provide proof of income
- **A Medicaid card with a 911 address will cover all of the above**

You must bring all the information above to your WIC appointment.



Questions?



Ashe: 336-246-2013

Watauga: 828-264-6641

Alleghany: 336-372-5644

Wilkes: 336-651-7451

This institution is an equal opportunity provider

WIC

Women, Infants, & Children Nutrition Program



Let WIC Bring Home the Groceries!

Pregnant, postpartum or breastfeeding women, babies and children under 5 may be eligible for this program.



WIC Foods

- Milk
- Infant Cereal
- Infant Formula
- Cheese
- Eggs
- Cereal
- Juice
- Peanut Butter
- Dried Beans/ Peas
- Tuna ♥
- Carrots ♥

♥ Breastfeeding Women Only



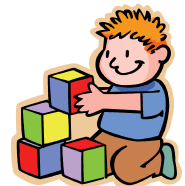
WIC Income Guidelines Effective April 1, 2006—March 31, 2007 before taxes

Number of People in Household	Year	Month	Week
1	\$18,130	\$1,511	\$349
2	\$24,420	\$2,035	\$470
3	\$30,710	\$2,560	\$591
4	\$37,000	\$3,084	\$712
5	\$43,290	\$3,608	\$833
6	\$49,580	\$4,132	\$954
Additional family member, add:	\$6,290	\$525	\$121

If you are on Medicaid, you are income eligible for WIC.



WIC Offers



- Nutritional Information
- Breastfeeding Help
- Referral for Free Immunizations for Kids
- Health Assessment
- Vouchers for Healthy Foods
- Referral to Other Health Services