

The Value of WIC

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children.
WIC provides food benefits to help stretch your food dollar.

A family with 2 children participating in WIC could receive **\$150 worth of nutritious food every month!***



A pregnant woman and a child participating in WIC could receive **\$190 worth of nutritious food every month!***



A fully breastfeeding mother and 6 month old infant participating in WIC could receive **\$240 worth of nutritious food every month!***



These foods are available in a variety of brands, sizes and types, including organic!

Example: 7.5 gallons of milk, 4 containers of juice, 6 boxes of cereal, 2 dozen eggs, 2 loaves of bread, 2 packages of whole grain pasta, 2 jars of peanut butter, 2 quarts of yogurt, and \$50 in fruits and vegetables.

Example: 9 gallons of milk, 5 containers of juice, 6 boxes of cereal, 2 dozen eggs, 3 loaves of bread, 2 jars of peanut butter, 2 quarts of yogurt, 4 cans of beans, and \$69 in fruits and vegetables.

Example: 5 gallons of milk, 3 containers of juice, 3 boxes of cereal, 2 lb. cheese, 2 dozen eggs, 1 loaf of bread, 30 oz. canned fish, 1 jar of peanut butter, 4 cans of beans, 1 quart of yogurt, infant cereal/meats/fruits and vegetables, and \$49 in fruits and vegetables.

*The value of the WIC food benefits will vary based on WIC participant category, the type/brand of food purchased and the grocery store where the food is purchased. The dollar amounts listed are estimates only.

WIC food benefits can be used to buy a variety of healthy foods, such as:

- Fruits and vegetables: fresh, frozen, canned.
- 100% fruit or vegetable juice.
- Peanut butter, legumes and eggs.
- Milk, cheese, yogurt, tofu and soy beverages.
- Whole grain bread, rolls, buns and tortillas.
- Whole grain cereals, oatmeal, pasta, bulgur, barley and rice.
- Foods for your baby.

You can buy your WIC foods at your local grocery stores. The eWIC card and ebtEDGE phone app make shopping for WIC foods easy!



In addition to access to healthy foods, WIC also provides:



Nutrition Education



**Breastfeeding
Education and Support**



**Health Checks and
Referrals**

To learn more about WIC eligibility, visit <https://www.ncdhhs.gov/ncwic/mywic>



NC Department of Health and Human Services • Division of Child and Family Well-Being
Community Nutrition Services Section • www.ncdhhs.gov/nc-wic-cacfp
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