



North Carolina WIC Program

Healthy Habits, Healthy Families

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 April 1, 2011		
Household Size	Monthly Income	Annual Income
1	\$ 1,679	\$20,147
2	\$ 2,268	\$27,214
3	\$ 2,857	\$34,281
4	\$ 3,446	\$41,348
5	\$ 4,035	\$48,415

For more information about WIC go to www.nutritionnc.com or call Transylvania County Department of Public Health at 828-884-3242.



This institution is an equal opportunity provider.