

WIC—Women Infants Children



WIC is a supplemental food program for women who are either pregnant, breastfeeding or have had a baby during the past 6 months. WIC is also for infants and children up to the age of 5 years old.



New Foods Available

Beginning October 1, 2009

- **fruits and vegetables**
- **whole-wheat bread**
- **brown rice**
- **whole grain cereals**
- **tofu**

To qualify, you must:

- Have a need to eat healthier foods
- Fit in our Family Income Chart

Standards for participation in the WIC Program are the same for everyone regardless of race, color, national origin, age, disability or sex.

Cabarrus Health Alliance

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