

WIC is coming to Mt. Pleasant!

CHA mobile unit will be parked outside of Cabarrus Family Medicine in Mt. Pleasant monthly.



WHAT IS WIC?

The Women, Infants and Children (WIC) Program is a nutrition program that helps families stay healthy!

WIC provides:

- Benefits to buy healthy foods.
- Nutrition advice
- Breastfeeding support
- Referrals for resources outside of WIC.



WHO IS WIC FOR?

You can participate in WIC if you:

- Are pregnant, have recently had a baby, are breastfeeding, or have a child under age five
- Live in North Carolina; citizenship not required
- Have a family income less than WIC income guidelines or receive Medicaid, TANF or Food Stamps
- Have a nutritional need determined by the WIC nutritionist



HOW DO I APPLY?

Scan the QR code below with your phone for more information.



NC Department of Health and Human Services • Division of Child and Family Well-Being • Community Nutrition Services Section • www.ncdhhs.gov/nc-wic-cacfp
This institution is an equal opportunity provider.



CABARRUS
HEALTH
ALLIANCE

WIC está llegando a Mt. Pleasant!

La unidad móvil de CHA estará estacionada afuera del Cabarrus Family Medicine en Mt. Pleasant mensualmente.



WHAT IS WIC?

El Programa Mujeres, Infantes y Niños (WIC) es un programa de nutrición que ayuda a las familias a estar saludables.

WIC ofrece:

- Beneficios para adquirir alimentos saludables
- Consejos sobre nutrición
- Ayuda para la lactancia
- Referencias a recursos fuera de WIC



WHO IS WIC FOR?

Puede participar en WIC si:

- Está embarazada, tuvo un hijo recientemente o tiene un hijo menor de cinco años
- Vive en Carolina del Norte
- Tiene ingresos familiares inferiores a los de las pautas sobre ingresos de WIC o si recibe Medicaid, TANF o Beneficios del Programa de Servicios de Alimentos y Nutrición
- Tiene una necesidad de nutrición determinada por el nutricionista de WIC



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HOW DO I APPLY?

Para más información, escanee el código QR de abajo con su teléfono.



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