

Who is Eligible for WIC?

Cherokee County Health Department is pleased to provide nutrition education services and supplemental foods to pregnant, breastfeeding and postpartum women, infants and children up to age five through the USDA Program - **WIC**. The WIC Program has the ability to serve over 900 eligible Woman, Infants, and Children in Cherokee County and would love to help all individuals who are eligible for WIC services.

WIC supplemental food packages are specifically chosen to provide foods high in protein, iron, calcium and vitamins A and C. Monthly benefits include food such as milk, cheese, yogurt, eggs, cereal, fruit juices, beans, dried beans or peas, peanut butter, fresh, frozen, or canned fruits and vegetables, whole grain breads, tortillas, pasta and rice. Participants are issued their monthly food benefit to an EBT card called eWIC which allows them to buy these foods at authorized local retail stores.

Nutrition Education is given at each clinic visit to improve the diets of women, infants and children, the WIC program improves the health status of this vulnerable population during critical growth periods. Mothers are strongly encouraged and supported for breastfeeding. Families are given referrals to other health programs and community resources which include services such as immunizations, dental services, Department of Social Services, SNAP, and medical referrals as needed.

The USDA has just released the annual income guidelines which is revised each year to determine eligibility for the WIC program. The income eligibility guidelines are listed below.

To participate, these persons must also:

- **Live in North Carolina.**
- **Have a family income less than 185% of the U.S. Poverty Income Guidelines.**
- **Be at nutritional risk.**

WIC is administered in Murphy and Andrews by the Cherokee County Health Department. Persons interested in applying or in need of more information should contact the WIC office at the Cherokee County Health Department at 828-837-1244. For additional information go to <http://www.cherokeecounty-nc.gov>

Standards for participation in the WIC program are the same for everyone regardless of race, color, national origin, sex, age or handicap. This institution is an equal opportunity provider.

2019-2020 Annual WIC Income Guidelines

Once the size and gross income of the economic unit (or household) have been determined and documented, staff use the poverty income guidelines included in the chart below to determine income eligibility.

185% U.S. POVERTY INCOME ELIGIBILITY GUIDELINES					
(Effective from June 17, 2019 to June 30, 2020)					
Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
48 Contiguous States, D.C., Guam and Territories					
1	\$23,107	\$1,926	\$963	\$889	\$445
2	31,284	2,607	1,304	1,204	602
3	39,461	3,289	1,645	1,518	759
4	47,638	3,970	1,985	1,833	917
5	55,815	4,652	2,326	2,147	1,074
6	63,992	5,333	2,667	2,462	1,231
7	72,169	6,015	3,008	2,776	1,388
8	80,346	6,696	3,348	3,091	1,546
Each Add'l family member add	+ \$8,177	+ \$682	+ \$341	+ \$315	+ \$158

Note: A person who currently receives Medicaid, Work First, or Food and Nutrition Services (Food Stamps) automatically meets the income eligibility guidelines for WIC.