

eWIC is here, along with other improvements to WIC program!

The Special Supplemental Nutrition Program for Women, Infants and Children, **WIC**, is a federal assistance program that allows women who are pregnant, have had a baby in the last six months, are breastfeeding an infant under 12 months, as well as infants and children up to 5 years of age, to purchase food items. The NC WIC program is *now* using an electronic benefit transfer card (eWIC card) instead of paper checks.

To be eligible for WIC a person must also:

- live in North Carolina;
- meet the income eligibility scale (see chart below). Families participating in SNAP, Medicaid or NC Health Choice are automatically income eligible.
- have an identified nutritional risk as determined by a health professional.

The WIC program provides supplemental nutritious foods, nutrition education, breastfeeding support and referrals to health care and community resources to program participants.

“With eWIC cards recipients can now mix WIC items with their normal groceries and pay for them in one transaction using the eWIC card followed by a regular payment method. This not only saves time, but allows recipients to maintain their privacy. We have had a lot of positive feedback with those already using the eWIC card.” -WIC Program Director, Jessica Thomas.

Participants can also download the Bnft smartphone app, making shopping easier and less stressful for all those involved. With the app, recipients can access the following features:

- Scan item barcodes to identify if the item is WIC-approved;
- Easily check their available balance;
- Report lost or stolen cards and request replacements;
- Find stores that accept WIC;
- Find stores that carry specific products they need;
- Receive notifications when benefits are deposited onto the card.

Avery, Mitchell and Yancey County WIC offices are also using WIChealth.org to make nutrition education available online for working or busy caregivers when child is due for a pick-up of food benefits. Participants can create a profile to complete nutrition lessons that will count toward their nutrition education contacts throughout their certification.

You can apply for the WIC Program from 8 a.m. to 4:30 p.m. Monday through Friday at:

- Avery County Health Department 545 Schultz Circle, Newland or call 828-733-6052;
- Mitchell County Health Department 130 Forest Service Drive, Suite A, Bakersville, NC or call 828-688-4668
- Yancey County Health Department 202 Medical Campus Drive, Burnsville or call 828-682-4198

You may also visit the WIC website at www.toervierhealth.org/wic.asp for more information.

This institution is an equal opportunity provider.

185% of Federal Poverty Guidelines (Effective June 17 th 2019)					
Maximum Gross Income					
Number in household	Annual	Monthly	Weekly	Bi-Weekly	Twice Monthly
1	\$23,107	\$1,926	\$445	\$889	\$963
2	\$31,284	\$2,607	\$602	\$1,204	\$1,304
3	\$39,461	\$3,289	\$759	\$1,518	\$1,645
4	\$47,638	\$3,970	\$917	\$1,833	\$1,985
5	\$55,815	\$4,652	\$1074	\$2,147	\$2,326