



ALAMANCE COUNTY Health Department

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Alamance County WIC Now Offering New Foods and Grocery Store Choices

BURLINGTON- Alamance County WIC now provides new options such as yogurt and whole grain pasta in addition to other nutritious foods: fresh, frozen, or canned fruits and vegetables, cheese, eggs, peanut butter, cereals and more! After receiving nutrition information, participants receive vouchers that can be exchanged for food at locally owned stores, retail grocery stores and pharmacies. Alamance County WIC welcomes the CO-OP, La Bodega Grocery Store, and M&M Food Mart to the Alamance County WIC network of vendors.

WIC (The Special Supplemental Nutrition Program **Women, Infants, and Children**) program provides supplemental nutrition for women who: are pregnant, have had a baby in the last 6 months, or are breastfeeding and have had a baby in the last 12 months, in addition to infants and children up to 5 years of age. To be eligible, the child or mother must: live in the state of North Carolina, live in a household with an income at or below 185% of the Federal poverty income guidelines (see Table 1 below), and have a nutrition-related problem or be at risk of developing a nutrition-related problem.

Alamance County WIC provides all of these services plus a great breastfeeding support team that understands the benefits and explains the basics of breastfeeding to expectant mothers. After meeting with our IBCLC (International Board Certified Lactation Consultant) or BFPC's (Breastfeeding Peer Counselors) mothers have useful information to make informed decisions about how to properly feed their infants. They offer suggestions about how to continue to breastfeed upon returning to work or school, in addition to answering questions regarding breastfeeding. The support team offers breastfeeding information sessions on the 1st and 3rd Thursdays of the month.

For more information about WIC or to make an appointment please visit Alamance County WIC located at 319 N. Graham-Hopedale Rd, Burlington, NC, 27217 or call 336-570-6745. The clinic is open Monday through Friday, 8am-5pm (until 6pm the first Monday of every month). WIC now offers appointments during lunch hours (12-1pm). Walk-ins are welcome but participants are encouraged to make an appointment ahead of time to reduce waiting times. You may also visit the WIC website at www.nutritionnc.com to learn more about WIC.



**Committed to Protecting and Improving the
Public's Health in Alamance County**

Table 1
185% of Federal Poverty Guidelines
(Effective June 1, 2015)

Maximum Gross Income

Size of Economic Unit		Monthly	Weekly	Bi-Weekly	Twice Monthly
1	\$21,775	\$1,815	\$419	\$838	\$908
2	\$29,471	\$2,456	\$567	\$1,134	\$1,228
3	\$37,167	\$3,098	\$715	\$1,430	\$1,549
4	\$44,863	\$3,739	\$863	\$1,726	\$1,870
5	\$52,559	\$4,380	\$1,011	\$2,022	\$2,190
6	\$60,255	\$5,022	\$1,159	\$2,318	\$2,511
For each additional member of economic unit, add:					
	\$7,696	\$642	\$148	\$296	\$321

This institution is an equal opportunity provider.

##ACHD##