



## ALAMANCE COUNTY Health Department

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**FOR IMMEDIATE RELEASE**  
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### Alamance County Now Offering Electronic Benefits (eWIC)

**BURLINGTON** - eWIC is here! The WIC program has moved from using paper vouchers to electronic debit cards in order to distribute food benefits. Participants, at their next visit, will receive a family eWIC card, select a 4-digit PIN, learn how to shop with the new eWIC card, and learn about the eWIC Bnft App. For the first time, eWIC allows clients to buy as little or as much food from their package as they need at each shopping trip. The eWIC Bnft App allows participants to check their benefit balance and identify WIC-approved products on their smartphone while they shop. After receiving nutrition information, participants can use their eWIC card to purchase nutritious food benefits at locally owned stores, retail grocery stores and pharmacies. The electronic method has made using and accepting WIC benefits much easier and quicker for both participants and 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, as well as 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), and have a nutrition-related problem or be at risk of developing a nutrition-related problem. The women and children that meet the criteria listed above who receive Medicaid or Supplemental Food and Nutrition Program (SNAP) services meet the WIC income eligibility criteria.

In addition to providing supplemental nutritious foods and nutrition education, Alamance County WIC also provides referrals to health care and community resources, as well as a great breastfeeding support team that teaches expectant mothers about the benefits and basics of breastfeeding. After meeting with the Breastfeeding Peer Counselors (BFPC), mothers will have the information they need to make an informed decision about how to properly feed their infants. The International Board Certified Lactation Consultant and BFPCs will also offer suggestions about how to continue to breastfeed upon returning to work or school, in addition to answering any questions the participant may have regarding breastfeeding. The support team offers group 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 in the Alamance County Health Department 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 four Mondays of each month, except holidays). WIC now offers appointments during lunch hours (12-1pm). Walk-ins are



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welcome, but participants are encouraged to make an appointment ahead of time to reduce wait times. You may also visit the WIC website at [www.nutritionnc.com](http://www.nutritionnc.com) to learn more about WIC.

##MORE##

**Table 1**  
**185% of Federal Poverty Guidelines**  
**(Effective July 1, 2018)**

<b>Size of Household**</b>	<b>Annual</b>	<b>Monthly</b>	<b>Weekly</b>	<b>Bi-Weekly</b>	<b>Twice Monthly</b>
1	\$22,459	\$1,872	\$432	\$864	\$936
2	\$30,451	\$2,538	\$586	\$1,172	\$1,269
3	\$38,443	\$3,204	\$740	\$1,479	\$1,602
4	\$46,435	\$3,870	\$893	\$1,786	\$1,935
5	\$54,427	\$4,536	\$1,047	\$2,094	\$2,268
6	\$62,419	\$5,202	\$1,201	\$2,401	\$2,601
7	\$70,411	\$5,868	\$1,355	\$2,709	\$2,934
8	\$78,403	\$6,534	\$1,508	\$3,016	\$3,267
<b>For each additional household member, add:</b>	<b>\$7,992</b>	<b>\$666</b>	<b>\$154</b>	<b>\$308</b>	<b>\$333</b>

**This institution is an equal opportunity provider.**

##ACHD##



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