

Who is Eligible for WIC?

Cherokee County Health Department is pleased to provide nutritional education services and support to over 700 to pregnant, breast feeding and postpartum women, infants and children up to age five through the Cherokee County WIC Program. We do have the ability to serve over 900 people the Cherokee County and currently we are not reaching potentially eligible individuals who could benefit having WIC services.

WIC supplemental food packages are specifically chosen to provide foods high in protein, iron, calcium and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, hot and cold cereals high in iron, fruit juices high in vitamin C, canned beans, dried beans or peas, or peanut butter, fresh and frozen fruits and vegetables, whole grain breads, tortillas and rice. Although WIC recommends breastfeeding, infants receive supplemental iron-fortified formula when needed and infant cereal and jars of baby food fruits and vegetables at the appropriate age. Participants are issued vouchers to buy these foods at authorized local retail stores. Breast pumps are available for loan to WIC participants.

By improving the diets of women, infants and children, the WIC program improves the health status of this vulnerable population during critical growth periods.

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.cherokee-county-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.

2017-2018 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.

INCOME ELIGIBILITY GUIDELINES					
(Effective from July 1, 2017 to June 30, 2018)					
Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
48 Contiguous States, D.C., Guam and Territories					
1	\$22,311	\$1,860	\$930	\$859	\$430
2	30,044	2,504	1,252	1,156	578
3	37,777	3,149	1,575	1,453	727
4	45,510	3,793	1,897	1,751	876
5	53,243	4,437	2,219	2,048	1,024
6	60,976	5,082	2,541	2,346	1,173
7	68,709	5,726	2,863	2,643	1,322
8	76,442	6,371	3,186	2,941	1,471
Each Add'l family member add	+ \$7,733	+ \$645	+ \$323	+ \$298	+ \$149

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