

WIC is a Supplemental Nutrition Program for:

Women

Pregnant,
Postpartum, or
Breastfeeding

Infants

Newborns up to
12 months

Children

Under 5 years
of age

WIC Services Are Available:

Monday-Wednesday 8:00 am- 5:00 pm

Thursday 8:00 am- 7:30 pm

Friday 8:00 am- 5:00 pm

Appointments Required

You will be required to show proof of:

- * Identity (for you and your child)
- * Income
- * Residency

If you have any questions about eligibility, please call
(336) 342-8200.

WIC is open to all eligible persons regardless of race, color, sex, national origin, age, or disability.

Notice of Free Language Assistance:

It is the policy of the Rockingham County Division of Public Health to provide free language interpretation services to our clients.

La nota de Ayuda Libre de Idioma:

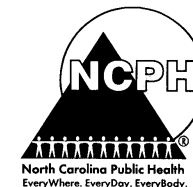
Sera la poliza del Rockingham County División de Salud Pública proporcionar los servicios gratis de interpretacion de idioma a nuestros clients.



**Women, Infants, and Children
Supplemental Nutrition
Program**



**Rockingham County
Division of Public Health
PO Box 204
Wentworth, NC 27375
Phone: (336) 342-8140**



Mission:

To prevent or reduce health problems related to nutritional needs.

WIC is a federal program designed to provide nutritious foods at no cost to low income pregnant, postpartum and breastfeeding women, infants and children until age 5 who are at nutritional risk.

WIC Provides:

- Limited health screenings
- Nutrition education
- Healthy foods at no cost
- Referral service to other healthcare and social services agencies
- Breastfeeding counseling and support program
- Electric breast pump loan program

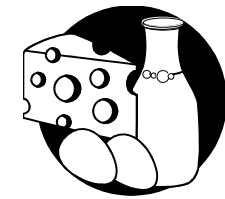


To Receive WIC Services You Must:

- Live in Rockingham County
- Have a health risk factor based on:
 - Height and Weight Measurements
 - Blood Test for Low Iron
 - Health History
 - Diet History
- Meet WIC income guidelines

All kinds of families qualify for WIC. You may be working or not. You may be single or married. You may live with your parents. You may be a student.

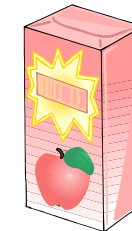
WIC Foods include:



Milk, Cheese, Eggs



Cereal



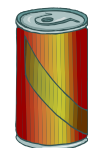
juices



peanut butter



dried beans



Infant formula