

Stretch your food dollar!



For women who are pregnant, new moms, infants, and children under age 5.

If you participate in:

**Food and Nutrition Services
(Food Stamps/EBT/SNAP)
Medicaid or
Work First Cash Assistance (TANF)**

You may also be eligible for WIC!

The NC eWIC card buys over 1800 healthy food items at your local grocery store. Monthly benefits are accessible on the Bnft® app for smartphones.



Example: for a family of 3
FNS/Food Stamps/SNAP:
\$423/month

with WIC:
\$552/month
Stretch



Learn more at www.nutritionnc.com/mywic

