

# 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](http://www.nutritionnc.com/mywic)**



State of North Carolina • Department of Health and Human Services  
Division of Public Health • Nutrition Services Branch

[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.nutritionnc.com](http://www.nutritionnc.com)

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