

What does WIC provide?

- Breastfeeding support
- Nutrition education
- Referrals for health care
- Healthy food



Do I qualify?

To qualify, you or your child must:

- live in Buncombe County
- have a health risk factor based on:
 - height and weight
 - test for low iron
 - health history
 - diet history
- meet WIC income guidelines*

**If you have Medicaid, Work First, or Food and Nutrition Services (Food Stamps) you meet the income guidelines for WIC.*

How do I apply for WIC?

Call 250-5000 for an appointment.

Bring 3 things when you come:

- ✓ **Proof of ID:** (Bring one)
 - current driver's license,
 - Social Security card,
 - work/school ID,
 - Medicaid card,
 - military ID,
 - birth certificate,
 - immunization record.
- ✓ **Proof of where you live:** (Bring one)
 - recent bill (electric, gas, cable or telephone),
 - current rent or mortgage agreement,
 - current driver's license.
- ✓ **Proof of income:** (Bring one)
(Before taxes for all who live in your house)
 - Current Medicaid card,
 - letter of certification from Food & Nutrition Services,
 - last paycheck stub,
 - letter from job with gross income and how often you are paid. If self-employed, recent tax return.

What will happen at the WIC visit?

- The 3 items you bring will be reviewed.
- Height, weight, and blood test for low iron will be done. (Or you can bring this data from your doctor's office.)
- You will be asked questions about your health and eating habits.
- A nutritionist will review your health data to see if you qualify for WIC.
- Any nutrition problems or questions you have will be discussed.

If you qualify, you will be given "checks" to take to the store to get your food that same day.



You may get WIC at one of the following sites:

Buncombe County Department of Health
40 Coxe Avenue
Asheville, NC 28801
Hours: Monday - Friday: 8:00 am - 5:00 pm
Phone: 250-5000

MAHEC OB/GYN Specialists
119 Hendersonville Road
Asheville, NC 28803
For patients of MAHEC OB/GYN Specialists and their children.
Hours: Monday-Thursday 8:00 am - 5:00pm
Friday 1:00 pm – 5:00 pm
Phone: 771-5436

Black Mountain United Methodist Church
101 Church Street
Black Mountain, NC 28711
For people who live in the Swannanoa Valley
Hours: 1st and 3rd Monday of each month
By appointment only
Phone: 250-5000






Western North Carolina Community Health Services (WNCCHS)- Minnie Jones Health Clinic
257 Biltmore Avenue
Asheville, NC 28801
For patients of WNCCHS and their children.
Hours: Monday-Friday: 8:00 am – 5:00 pm
Phone: 285-0622, Ext. 2174

-more-

Buncombe County Human Services West (BCHS-West)

339 Leicester Highway, Suite 120
Asheville, NC 28806
For residents of Buncombe County who live in the 28806, 28748 or 28715 zip areas.
Hours: Monday – Friday: 8:00 am – 5:00 pm
Phone: 250-5000

Steps to a Healthier You

				
Grains	Vegetables	Fruits	Dairy	Protein foods
Make half your grains whole.	Vary your veggies.	Focus on fruits.	Get your calcium-rich foods.	Go lean with protein.

WIC is funded by the U.S. Department of Agriculture.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint, of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 1400 Independence Avenue, SW Washington, DC 20250-9410.

OR call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



buncombecounty.org

Buncombe County Department of Health services and employment opportunities are offered to all people regardless of race, color, national origin, sex, religion, age or disability.

WIC

...helps provide healthy foods for women, infants and children

- Pregnant women
- Women who have had a baby in the last 6 months
- Infants
- Children up to 5 years



Buncombe County Department of Health
Asheville, NC 28801
828-250-5000