The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides information, tools and support for families to grow healthy.

North Dakota families rely on WIC.

- **61%**
  6,548 infants received WIC in 2017 (61% of ND infants).
- **20,125**
  Women, infants and children served in 2018 in all ND counties.

WIC's proven recipe for healthy families

- Monthly checks to buy healthy food.
- Helps moms breastfeed and shop to prepare healthy foods their children will enjoy eating.
- A community of support including nutritionists, lactation specialists and peers.
- Connects families to health care professionals, immunization services, Medicaid, SNAP and more.

What we hear from WIC families:

WIC participants report a positive experience that helps their family with healthy behaviors like eating more fruits and vegetables.

- Families love their WIC staff and the services they provide.
- In spite of WIC and other services (58% also participate in SNAP), many families are food insecure.
  - I eat less than I should because there is not enough food.
    - **30%**
  - Our food doesn't last and we don't have money for more.
    - **34%**

WIC supports local businesses and working families.

- Families spent over $9 million at the 160 WIC authorized grocery stores across the state.
- **79%** of WIC families report having one or two employed adults in the household, with 64% working full time.

Changes coming to ND WIC in 2020!

- Watch for WIC EBT (food benefits on a card).