



WELCOME TO ROWAN COUNTY WIC
We are happy to serve you!

What is WIC?

What is WIC? WIC was established as a permanent program in 1974 to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services. Find out more: <http://www.fns.usda.gov/wic/about-wic-wic-glance>

Rowan County Health Department is proud to provide you with WIC. WIC is designed to **supplement** your dietary needs and provide you with nutritional advice.

How does it work?

At each appointment, you will need your eWIC card or ID at each visit for issuance. Your benefits are loaded to an account that you access with an eWIC card. The benefits are good for up to **30 days** and have a start and end date. They **do not** roll over from month-to-month.

When purchasing your items, you can purchase just what you need—when you need it! Your remaining benefits will be available until midnight on the last day of the current issuance month. Please refer to the shopping list, BNFT app, or last receipt to see your remaining balance.

**If you have any questions, please call us at: 704-216-8797,
we are happy to help! That is what we are here for!**

What can I purchase?

Regular milk—can be any brand and purchase in any size to equal up to your monthly allowed amount

Lactose-free milk, cheese, eggs, beans, peas (mature legumes-not green beans/green peas), and fish can be any brand, but must be the correct container size

Fruits and Vegetables (including green beans and green peas) are a dollar amount that you can use on any fresh, frozen, or canned fruit or vegetable.

*NOTE: There **cannot** be any sugar or artificial sweetener or flavoring (other than salt) added.

All other categories are **brand** and **size specific**, including:

- ⇒ Soy-based beverage
- ⇒ Tofu
- ⇒ Yogurt
- ⇒ Juice
- ⇒ Whole grains

- ⇒ Cereal (at least 12 oz. box)
- ⇒ Peanut Butter
- ⇒ Formula
- ⇒ Infant fruits and vegetables

Call us to adjust your benefits in your needs change.



As of March 2nd, 2020:

- ⇒ Cheese can be: block, sliced, snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string, or shredded (8 or 16 oz.), but must be natural cheese, not cheese food or cheese product
- ⇒ Eggs (one dozen) can be any size, any grade, brown or white, as well as specialty eggs such as low-cholesterol, antibiotic-free, etc.
- ⇒ Organic foods are now allowed in all categories

PLEASE REFER TO YOUR WIC FOOD LIST OR SCAN THE ITEMS WITH THE **bnft APP BEFORE GOING TO THE REGISTER. THIS WILL SAVE YOU TIME AT THE STORE!**

Where can I go to purchase items?

Salisbury

Food Lion #1
123 Mahaley Ave.
(P): 704-639-9240

Food Lion #10
525 Jake Alexander Blvd.
(P): 704-639-7615

Food Lion #435
2104 Statesville Blvd.
(P): 704-637-8948

Harris Teeter
850 Jake Alexander Blvd.
(P): 704-633-165

Salisbury

Super Wal-Mart
323 S. Arlington Street
(P): 704-639-9718

Food Lion #1417
251 Faith Rd.
(P): 704-637-3409

Spencer
Food Lion #547
315 N. Salisbury Ave.
(P): 704-633-6724

Kannapolis
Food Lion #1284
2825B N. Cannon Blvd.
(P): 704-932-5608

China Grove

Food Lion #2650
1460 S. Main Street
(P): 704-857-5027

Cleveland

Hometown IGA
11745 Statesville Blvd.
(P): 704-278-0228

Rockwell

Food Lion #381
968 W. Main St.
(P): 704-279-5537