North Dakota Families rely on WIC

6,454 infants received WIC last year, which is 57% of the infants born in North Dakota.

Women, infants and children were served in 2018 in all ND counties.

WIC provides the information, tools, and support for moms and caregivers to grow healthy families.

WIC offers a community of support including nutritionists, lactation specialists and peers.

WIC helps moms to breastfeeding, shop and prepare healthy food, and entice children to eat it.

WIC connects moms to healthcare professionals, immunization services, Medicaid, SNA and other important services.

20,125

WIC's proven recipe for healthy families

Through WIC moms get monthly checks to buy healthy food.

WIC helps moms to breastfeeding, shop and prepare healthy food, and entice children to eat it.

WIC offers a community of support including nutritionists, lactation specialists and peers.

WIC connects moms to healthcare professionals, immunization services, Medicaid, SNA and other important services.

WIC is good business

Families spent over $9 million at the 160 WIC authorized grocery stores across the state.

WIC supports working families

WIC families report having one or two employed adults in the household, 64% full time.

Changes coming to ND WIC!

Watch for EBT WIC (food benefits on a card) coming in the fall of 2020.

What do we hear from WIC families?

Each year WIC families let us know what they think about WIC. The tell us that participating in WIC is a positive experience and how it helps their family with healthy behaviors like eating more fruits and vegetables.

Most love WIC staff and services. Here are the most frequently words they used when asked to share comments on WIC:

In spite of WIC and other assistance (58% also participate in SNAP) many families are food insecure.

I eat less than I should because there is not enough food.

Our food doesn't last and we don't have money for more.