



# 2018 Annual Report

## WIC: A Healthy Start

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.

YOU  
GOT  
THIS.

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

### 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.



30%

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

34%

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

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).

