



# Use Your WIC During COVID-19

## If you've got WIC, you've got WIC.

- Everyone who receives WIC is getting their benefits automatically issued because of COVID-19.
- This means that you do NOT have to go in-person to a WIC clinic to have your benefits loaded.
- Your benefits are being added directly to your eWIC account on your family issue date. Enable notifications on your Bnft® App to get real-time updates when your food benefits are added.

## When you're planning a trip to the grocery store, know your options.

- You do NOT have to use all your WIC allowance in one trip to the grocery store. You can go to the store as many times as you need each month to use your allowance.
- You do NOT have to buy only the cheapest brands to use your WIC benefits.
- You can now buy cheese (8 oz. or 16 oz.), a dozen eggs of any size or color, and organic products using WIC.
- You cannot use your WIC benefits in online purchasing.
- The Bnft® App is the best tool for WIC. If you already have the app, enable notifications so that you never miss an update to your eWIC account.

## If you don't use WIC, you lose it.

- Your WIC allowance does NOT roll over.
- This means that you lose any WIC balance that you do not spend during your month.
- Try to use all your WIC balance to get the full benefits of the program.

## When you need a WIC clinic, they're here for you.

- WIC clinics are open, even if their hours or location have changed.
- If you need a WIC appointment, you may be able to do it over the phone.
- You should check your local clinic's website or give them a call if you need help.
- To find the contact information for a WIC clinic near you, search the WIC County Directory at [www.nutritionnc.com/mywic/index.htm](http://www.nutritionnc.com/mywic/index.htm).

**NC eWIC**  
**WIC**  
**Shopping**  
**Made Easy!**



**REMEMBER!**  
**The Bnft® App is**  
**the #1 tool for WIC!**

Download Bnft® today and enable notifications to never miss an update to your eWIC account.