

What you get with WIC

- Answers to your nutrition questions
- Breastfeeding help and breast pumps for moms who need them
- Help getting other services
- Information on how to feed your child, prenatal care, breastfeeding and much more
- Vouchers to buy foods that help keep you healthy and strong:
 - ✓ Milk
 - ✓ Cheese
 - ✓ Eggs
 - ✓ Dried beans or peas
 - ✓ Fruits and vegetables
 - ✓ Baby food
 - ✓ Fruit juice
 - ✓ Peanut butter
 - ✓ Cereal
 - ✓ Whole wheat bread, corn tortillas or brown rice
 - ✓ Canned tuna or salmon
- Extra foods for moms who are breastfeeding and who don't get formula from WIC
- Infant formula for moms who are not breastfeeding



Call WIC today.

800-SAFENET (800-723-3638)

TTY Relay
Call 800-735-2900 or 711

Visit us online at:
www.oregon.gov/dhs/ph/wic

CENTER FOR HUMAN DEVELOPMENT
WIC • (541) 962-8829
2301 COVE AVENUE
LA GRANDE, OR 97850

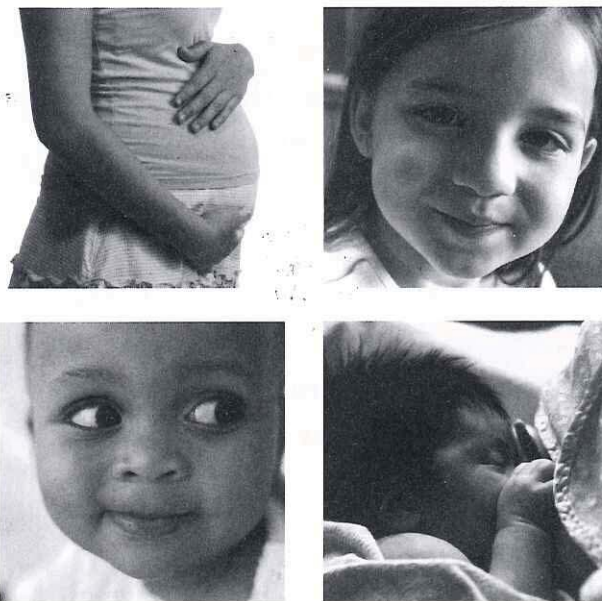
For people with disabilities, this material is available in other formats.
Call (971) 673-0040.

WIC is an equal opportunity program and employer.



DHS: PUBLIC HEALTH DIVISION

WIC
Nutrition for you
and your family



oregon
wic
program



DHS | Independent. Healthy. Safe.



What is WIC?

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a nutrition education program that helps families identify healthy nutrition choices that work for them.

Why get WIC for your family?

Women on WIC eat a healthier diet, have healthier babies and receive early prenatal care.

Infants born to WIC mothers weigh more and have improved growth and development rates.

Children on WIC eat foods with more iron and vitamin C, and visit their doctors regularly.



Who is eligible?

You are eligible if you meet all of the following:

- Live in Oregon
- Are a pregnant, postpartum or breastfeeding woman, an infant or a child under 5 years old

Fathers, grandparents, foster parents or other guardians may apply for WIC for their children.

- Have a nutritional need
- Have a household income that is less than or equal to the guidelines below

Total Income Guidelines

Household Size	Monthly	Weekly
1 person(s)	\$1,670	\$386
2	2,247	519
3	2,823	652
4	3,400	785
5	3,976	918
6	4,553	1,051

Effective through March 31, 2010.
For current income guidelines, go to:
www.oregon.gov/dhs/ph/wic

You are income-eligible for WIC if you get TANF, food stamps or the Oregon Health Plan.



How do I apply?

To make an appointment:

- 1 Call the WIC program nearest you or call 800-SAFENET (800-723-3638).
- 2 Staff will tell you what to bring to the appointment.
- 3 At your appointment, WIC staff will:
 - ✓ Review your health history.
 - ✓ Check your diet.
 - ✓ Determine if you qualify.
 - ✓ Answer your questions about nutrition.
 - ✓ Help you find more services.
 - ✓ Give you vouchers to buy healthy foods.
 - ✓ Work with you to help you reach your nutrition goals.