

## What are the WIC foods?

- Milk
- Cheese
- Eggs
- Dried beans or peas
- Fruits and vegetables
- Baby food
- 100% fruit juice
- Peanut butter
- Cereal
- Whole wheat bread, corn tortillas or brown rice
- Canned fish

## Shopping is easy with eWIC!

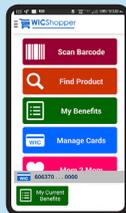
WIC shopping trips are fast and easy with the eWIC card!



With the card, you can buy WIC foods as you need them. You don't even need to separate your WIC purchases at most stores. Just tell the cashier that you're using your WIC card.

## Do you have a smartphone?

Check out our WIC Shopper app! You can use it to find WIC-eligible foods and check your WIC benefit balance. You'll find it in your phone's app store.



## Check out WIC!

Dial 211 toll-free or text "health" to 898211 to find a WIC clinic near you.

**TTY Relay:** call 800-735-2900 or 711

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**If you need this information in large print or an alternate format, please call 971-673-0040 or TTY 800-735-2900.**

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Authority



[healthoregon.org/wic](http://healthoregon.org/wic)



## What is WIC?



## Am I eligible?



## How do I apply?

The Women, Infants and Children (WIC) Program is a public health nutrition program. WIC helps families with healthy food and so much more!

### WIC provides:

- Benefits to buy healthy foods like whole grains, milk, and fruits and vegetables.
- Help with your questions about nutrition, exercise, feeding your kids, prenatal care, and more!
- Breastfeeding help and breast pumps for moms who need them.
- Classes on a variety of health and parenting topics.
- Information on other services in your community.

### To get help from WIC you must:

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

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

- Have a nutritional need, **AND**
- Meet the WIC income guidelines.

*You also qualify if you receive TANF, SNAP or Oregon Health Plan.*

### WIC Income Guidelines as of May 1, 2016

Household size	Monthly	Weekly
1 person(s)	\$1,832	\$423
2	2,470	570
3	3,108	718
4	3,747	865
5	4,385	1,012
6	5,023	1,160

For current income guidelines, visit:  
[www.healthoregon.org/wic](http://www.healthoregon.org/wic)

- 1 Make an appointment with your local WIC program. They will tell you what to bring to your appointment.

### To find your local WIC office:

- Call 211 or text “health” to 898211
- See “Find a WIC clinic or store” at [www.healthoregon.org/wic](http://www.healthoregon.org/wic)

- 2 During your WIC visit, we will:
  - Check to see if you qualify.
  - Check your child’s growth.
  - Talk about your family’s health and diet needs.
  - Answer your questions.
  - Tell you about other programs that may be able to help you.
  - Give you an eWIC card to buy WIC-approved foods.