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 fish

• 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.
Dial 211 toll-free to find a WIC clinic near you.

TTY Relay: call 800-735-2900 or 711

Visit us online at:
www.healthoregon.org/wic

The U.S. Department of Agriculture WIC program prohibits discrimination against its customers on the bases of race, color, national origin, age, disability, and sex. See full USDA non-discrimination statement at: http://www.usda.gov/wps/portal/usda/usdahome?navtype=FT&navid=NON_DISCRIMINATION. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. If you need this information in large print or an alternate format, please call 971-673-0040 or TTY 800-735-2900.
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.

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

To make an appointment:

1. Call your local WIC program or dial 211 to find a WIC clinic near you.
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.

Income Guidelines as of May 1, 2014

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Monthly</th>
<th>Weekly</th>
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<tbody>
<tr>
<td>1 person(s)</td>
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<td>$416</td>
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<td>560</td>
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For current income guidelines, go to: http://www.healthoregon.org/wic

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

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