Call WIC Today

Your child has you, and you have WIC.
A nutrition program for women, infants and children.

Pregnant?

Breastfeeding?

Family with a child under age 5?

Call 211 for a WIC clinic near you.

What you get with WIC:

- Answers to your nutrition questions.
- Fruits and vegetables, whole grains, eggs, milk, cheese, juice, cereal and more.
- Breastfeeding help.
- Help getting other services.

Your local WIC office:

You may qualify for WIC if:

<table>
<thead>
<tr>
<th>Family size</th>
<th>Monthly income</th>
<th>Weekly income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,800</td>
<td>$416</td>
</tr>
<tr>
<td>2</td>
<td>$2,426</td>
<td>$560</td>
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<tr>
<td>3</td>
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<td>$705</td>
</tr>
<tr>
<td>4</td>
<td>$3,677</td>
<td>$849</td>
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<td>5</td>
<td>$4,303</td>
<td>$993</td>
</tr>
</tbody>
</table>

Effective May 2014
For current income guidelines, go to: www.healthoregon.org/wic

Getting WIC will not affect your immigration status.

www.healthoregon.org/wic

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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