

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:

Family size	Monthly income	Weekly income
1	\$1,832	\$423
2	\$2,470	\$570
3	\$3,108	\$718
4	\$3,747	\$865
5	\$4,385	\$1,012

Effective May 2016

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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