

WIC Nutrition Program

Nutritious foods help families stay healthy.

Women, Infants and Children (WIC) is a supplemental nutrition program that helps families stay healthy

When you participate in WIC, you get the following services FREE:

- Tips about feeding your baby and yourself;
- Support for breastfeeding your baby;
- Nutrition classes and recipes;
- Checks to buy healthy foods;
- Help getting other services, such as shots for your baby.

You may qualify for WIC services if you:

- Are pregnant; or
- Breastfeeding; or
- Less than six months postpartum, if not breastfeeding; or
- Have children under the age of 5; AND
- Have a health, medical or nutrition need; and
- Have a household income less than or equal to the WIC Guidelines.
 - » For current income by family size, visit www.healthoregon.org/wic or call 211 or 1-800-723-3638.



You do not have to be a United States citizen to get WIC services. Many people who participate in WIC are families who work.

For more information

Find a **WIC clinic** near you by calling 211 or 1-800-723-3638. You may also visit www.healthoregon.org/wic or 211info.org for more information.