



Confederated Tribes of Umatilla

2005 WIC Facts

Oregon State Public Health, Special Supplemental Nutrition Program for Women, Infants & Children (WIC)

Pregnant Women Served by WIC

Umatilla County41%
Statewide40%

Women, Infants and Children Served

Total 254

Infants & children under 5 174

Pregnant, breastfeeding & postpartum women80

WIC and the Farm Direct Nutrition Program Benefit Your Local Economy

Dollars to grocery stores\$82,042

Dollars to farmers\$666

WIC Families in Your Community

Working families53%
WIC households with at least one working family member

Families living in poverty68%
Families of WIC clients with income at or below the federal poverty level (\$1,341 per month for a family of 3)

WIC Services in Your Community

- Individual assessment of growth and health
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

WIC Nutrition Education Promotes Healthy Choices

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. Also, our breast pump project helps mothers continue to breastfeed after returning to work or school.



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WIC Agencies & Sites

**Confederated Tribes of Umatilla
Tribal Health Center WIC**

Clinic Sites

Umatilla

WIC Authorized Grocery Stores

Albertsons	Rite Aid
Athena One Stop	Safeway
B & C Grocery	Stanfield's Main Street Market
Central Red Apple Market	Super 1 Foods
Columbia Red Apple Market	Thrifty Food Center
Fossil General Mercantile	Two Boys Meat & Grocery
Granny's Country Store	Wal-Mart Supercenter
Kirk's Korner Grocery	Wheeler County Trading Company
La Bodega Yakimex	
Pilot Rock Market	

WIC Authorized Farmers' Markets & Farm Stands

Bellinger Farms
The Blues' Berry Farm
Crafton Farms
Fred's Melons and Produce
IKO Farms
M & D Farms
Peach Blossom Orchard
Pendleton Farmers Market
Young's Orchard & Fruit Stand

Contact Oregon WIC

Phone: (971) 673-0040

TTY: (800) 735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call (971) 673-0040.

WIC is an equal opportunity program and employer.