



Tillamook County

2005 WIC Facts

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

Pregnant Women Served by WIC

County 58%
Statewide 40%

Women, Infants and Children Served

Total 1,312

Infants & children under 5 924

Pregnant, breastfeeding & postpartum women 388

WIC and the Farm Direct Nutrition Program Benefit Your Local Economy

Dollars to grocery stores \$452,216

Dollars to farmers \$2,554

WIC Families in Your County

Working families 61%
WIC households with at least one working family member

Families living in poverty 67%
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 County

- 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

**Tillamook County Health
Department WIC Program**

Clinic Sites

**Cloverdale
Rockaway Beach
Tillamook County**

WIC Authorized Grocery Stores

Beaver Grocery & Deli
Cloverdale Hometown Market
Food Basket Market Place
Fred Meyer
Larry's Rockaway Market

Manzanita Fresh Foods
Mohler Co-Op Store
P.C. Riverside Market
Safeway

WIC Authorized Farmers' Markets & Farm Stands

Don's Waterfall Farms
Tillamook Farmers Market
Valley Fresh Produce

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.