



Umatilla-Morrow Headstart WIC serving Gilliam, Morrow, Umatilla and Wheeler counties

2005 WIC Facts

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

Pregnant Women Served by WIC

County 41%
Statewide 40%

Women, Infants and Children Served

Total 6,663

Infants & children under 5 4,791

Pregnant, breastfeeding & postpartum women 1,872

WIC and the Farm Direct Nutrition Program Benefit Your Local Economy

Dollars to grocery stores \$2.2 million

Dollars to farmers \$20,280

WIC Families in Your County

Working families 79%
WIC households with at least one working family member

Families living in poverty 61%
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

Umatilla-Morrow Headstart WIC Program

Clinic Sites

**Arlington
Boardman
Condon
Fossil
Heppner
Hermiston
Milton-Freewater
Pendleton
Umatilla**

WIC Authorized Grocery Stores

Albertsons	Pilot Rock Market
Athena One Stop	Rite Aid
B & C Grocery	Safeway
Boardman Family Foods	Spray General Store
Central Red Apple Market	Stanfield's Main Street Market
Collier's 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
Heppner Family Foods	Wheeler County Trading Company
Huwe's Has It All	
Kirk's Korner Grocery	
La Bodega Yakimex	

WIC Authorized Farmers' Markets & Farm Stands

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