



# Wasco & Sherman Counties

## 2005 WIC Facts

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

### Pregnant Women Served by WIC

County ..... 53%  
Statewide ..... 40%

### Women, Infants and Children Served

**Total ..... 1,577**

Infants & children under 5 ..... 1,097

Pregnant, breastfeeding & postpartum women ..... 480

### WIC and the Farm Direct Nutrition Program Benefit Your Local Economy

Dollars to grocery stores ..... \$520,353

Dollars to farmers ..... \$2,914

### WIC Families in Your County

**Working families ..... 77%**  
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

**Wasco-Sherman Health  
Department WIC Program**

#### Clinic Sites

**The Dalles  
Rufus Clinic  
Tygh Valley Clinic**

### WIC Authorized Grocery Stores

Albertson's  
Fred Meyer  
Graves Market  
Rite Aid  
Safeway  
Westgate Market

### WIC Authorized Farmers' Markets & Farm Stands

Evans Orchards  
Forrest Evans Orchard

## Contact Oregon WIC

Phone: (971) 673-0040

TTY: (800) 735-2900

Web: [www.oregon.gov/dhs/ph/wic](http://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.