



# Washington County

## 2005 WIC Facts

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

### Pregnant Women Served by WIC

County ..... 26%  
Statewide ..... 40%

### Women, Infants and Children Served

**Total ..... 20,000**  
  
Infants & children under 5 ..... 14,158  
  
Pregnant, breastfeeding & postpartum women ..... 5,842

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

Dollars to grocery stores ..... \$6.9 million  
  
Dollars to farmers ..... \$42,000

### WIC Families in Your County

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

**Families living in poverty ..... 65%**  
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

**Washington County Health and Human Services WIC Program**

#### Clinic Sites

**Beaverton  
Hillsboro  
Tigard**

### WIC Authorized Grocery Stores

Albertson's  
El Sol Latino  
Fred Meyer  
Gaston Supermarket  
Haggen Foods  
Hank's  
QFC  
Rite Aid

Safeway  
Su Casa Imports  
Thriftway  
• Bales  
• Jim's  
• Lamb's  
Walgreens  
WinCo

### WIC Authorized Farmers' Markets & Farm Stands

Baggenstos Farm Store  
Beaverton Farmers' Market  
Crawford Nursery & Produce  
Duyck's Peachy-Pig Farm  
Early Mom  
Gramma's Place  
Hasuike Berries  
Hillsboro Farmers' Market  
Hoffman Farm at Lolic's Inc.  
J & J  
Koch Family Farm  
Lee Farms

Lilly's Blooming Acres  
Mason Hill Orchard  
Oliphant Orchard  
Oregon Heritage Farms  
Peterson Farms - Apple Country  
Pruitt's Farm Stand  
Sherwood Feed & Produce  
Sherwood Saturday Market  
Smith Berry Barn  
Tigard Area Farmers' Market  
West Union Gardens

### 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.