



Tillamook County

2006 WIC Facts

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

Pregnant Women Served by WIC

County.....52%
 Statewide.....40%

Women, Infants and Children Served

Total: 1,211

Infants and children under 5..... 874

Pregnant, breastfeeding and postpartum women..... 337

WIC Moms Who Start Out Breastfeeding

86.5%

WIC and the Farm Direct Nutrition Program Benefit Your Local Economy

Dollars to grocery stores.....\$425,160

Dollars to farmers..... \$3,250

WIC Families in Your County

Number of families served.....483

Working families 60.7%

WIC households with at least one working family member

Families living in poverty 43.9%

Families of WIC clients with income at or below the federal poverty level (\$1,383 per month for a family of 3)

WIC Services in Your County

- Individual assessment of growth
- 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	Manzanita Fresh Foods
Cloverdale Hometown Market	Mohler Co-op Store
Food Basket Market Place	P.C. Riverside Market
Fred Meyer	Safeway
Larry's Rockaway Market	

WIC Authorized Farmers' Markets & Farm Stands

Bear Creek Artichokes	Tillamook Farmers Market
Don's Waterfall Farms	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.