



Umatilla-Morrow Head Start

Serving Gilliam, Morrow, Umatilla and Wheeler Counties

2006 WIC Facts

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

Pregnant Women Served by WIC

County.....46%
 Statewide.....40%

Women, Infants and Children Served

Total: 6,733

Infants and children under 5..... 4,832

Pregnant, breastfeeding and postpartum women..... 1,901

WIC Moms Who Start Out Breastfeeding

80.3%

WIC and the Farm Direct Nutrition Program Benefit Your Local Economy

Dollars to grocery stores..... \$2.3 million

Dollars to farmers..... \$16,600

WIC Families in Your Community

Number of families served.....2,622

Working families 78.9%

WIC households with at least one working family member

Families living in poverty 54.3%

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 Community

- 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.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





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WIC Agencies & Sites

Umatilla-Morrow Head Start
WIC Program

Clinic Sites

Arlington
Boardman
Condon
Fossil
Heppner
Milton-Freewater
Pendleton

WIC Authorized Grocery Stores

Albertsons	La Bodega Yakimex
Athena One Stop	Pilot Rock Market
B & C Grocery	Rite Aid
Boardman Family Foods	Safeway
Collier's Market	Spray General Store
Columbia Red Apple Market	Stanfield's Main Street Market
Fossil General Mercantile	Super 1 Foods
Heppner Family Foods	Thrifty Food Center
Huwe's Has It All	Two Boys Meat & Grocery
Kirk's Korner Grocery	Wal-Mart Supercenter

WIC Authorized Farmers' Markets & Farm Stands

Bellinger Farms	IKO Farms
Blue Mountain Growers	Little Red Barn
The Blues' Berry Farm	M & D Farms
Bob Walchli Farms - Hermiston Melon Co.	Peach Blossom Orchard
Crafton Farms	Pendleton Farmers Market
Fred's Melons and Produce	Waliser Farms
Hermiston Farmers Market	Young's Orchard & Fruit Stand

Contact Oregon WIC

Phone: (971) 673-0040
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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.