

IS YOUR FAMILY AT RISK FOR LEAD EXPOSURE?

wic IS HERE TO HELP!

A healthy diet can help protect you and your family from the harmful effects of lead.

Visit healthoregon.org/lead for tips on reducing your family's lead exposure.



DID YOU KNOW?

- WIC provides nutrition education and has staff that can offer ideas for improving the nutrients in your meals. Including more iron, calcium, and vitamin C can help prevent you and your kids from absorbing lead.
- WIC provides healthy foods such as iron-fortified cereals, peanut butter, milk, cheese, yogurt, fruits and veggies to help provide these nutrients!

NOT ON WIC? See if you're eligible:



- ⇒ Call 211
- ⇒ Text HEALTH to 898211
- ⇒ Visit healthoregon.org/wic, fill out our WIC Interest Form and we'll be in touch!



If you need this information in large print or in an alternative format, please call 971-673-0040 or TTY 800-735-2900.

This institution is an equal opportunity provider.

57-418 (6/2022)