

# EN MI FORI WATTE METOCH



## AA TONGENI PWE ANISUK!

WIC ew prokram ren an epwe anisi famini non Oregon ren pekin apochokunen inis me mongon apochokun. Ika pwe kese eochun neuneu SNAP ika ewe Oregon Health Plan (OHP), nge en mi tongeni kopwe neuneu WIC. Teta cheki [healthoregon.org/wic](https://healthoregon.org/wic).

### REN ANINIS MI KAWOR:

- Ren aninisin mi pwopwo & me ekkewe mi oupwu nour
- Mongo mi apochokuna inisich
- Ewe pekin ar repwe aituk mongon apochokun
- Chekin inisum
- Pwan ekkoch aninis an epwe tongeni anisuk

WIC aa kawor faniten monukon, semirit, me famini. Ika pwe en mi pwopwo, ika oupwu noum, ika fen or noum 5 ierir ika feitiw, iwe WIC mi fiich ngonuk!



## EN MI SINEI PWE?

Ika pwe en emon semenap, sam me iin ra chinap, ika sam me iin re kan pwan anomu ngenir ekkoch semirit, ika fen pwan ewe chon tutumunu ekkewe semirit ierir 5 feitiw, iwe en mi tongeni kopwe apply. WIC mi tongeni ngonuk porous auchea, ika ekkoch aninis, an omw kopwe winiti ewe chon tumun ke wesen mochen kopwe emon.

## IKA KE PWAN MOCHEN SINEI!



- ⇒ Kokori 211
- ⇒ Teks HEALTH ngeni 898211
- ⇒ Ika teta won [healthoregon.org/wic](https://healthoregon.org/wic), Amasowa ekkena taropwen WIC Interest pwe sipwe poporous fengen!



Ika ke mochen ekkoch porous non watten mak ika pwan ekkoch napanap, iwe kose mochen kokori 971-673-0040 ika TTY 800-735-2900.

*Ei mwich mei kawor fanitan meinisin  
ese pwan nifinifin.*