

YOU DO A LOT



wic IS HERE TO HELP!

WIC is a public health nutrition program serving Oregon families. Even if you do not qualify for SNAP or the Oregon Health Plan (OHP), you may be eligible for WIC. Check online at healthoregon.org/wic.

TO SUPPORT YOU WE OFFER:

- Pregnancy & breastfeeding guidance
- Wholesome foods
- Nutrition-focused counseling
- Free health screenings
- Connections to resources

WIC is all about healthy babies, kids, and families. If you are pregnant, breastfeeding, or have a child under 5, WIC could be for you!



DID YOU KNOW?

If you are a dad, grandparent, foster parent, or legal guardian of a child under 5, you can apply. WIC gives you the information, tools, and support to be the caregiver you want to be.

FIND OUT MORE!

- ⇒ 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.