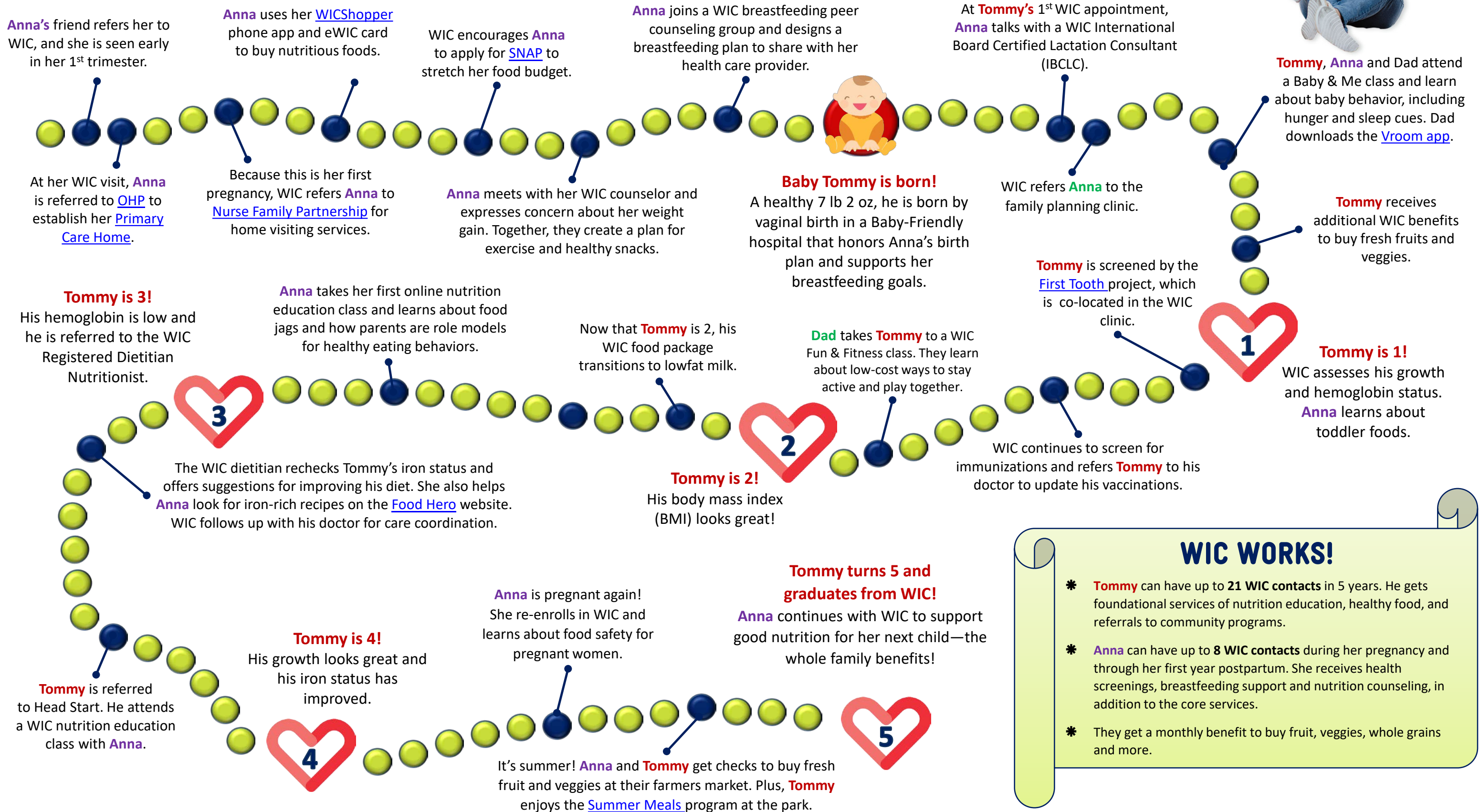


WIC IMPROVES HEALTH OUTCOMES FOR OREGON FAMILIES

WIC welcomes all [eligible](#) Women, Infants and Children (WIC). Our goal is to get pregnant women into WIC early and keep families benefitting from our essential services until their children turn 5. WIC families are diverse. Moms, dads, grandparents, and foster families are all part of the WIC experience. This is what one family's WIC lifecycle looks like.



WIC WORKS!

- * **Tommy** can have up to **21 WIC contacts** in 5 years. He gets foundational services of nutrition education, healthy food, and referrals to community programs.
- * **Anna** can have up to **8 WIC contacts** during her pregnancy and through her first year postpartum. She receives health screenings, breastfeeding support and nutrition counseling, in addition to the core services.
- * They get a monthly benefit to buy fruit, veggies, whole grains and more.