

# Foster parent or relative caregiver of a child under 5? Sign up for WIC!



- We provide free fruits, veggies, milk and more
- We offer classes and nutrition counseling
- We connect you to the services you need



How can I find out more?

**Call 211 and ask about WIC or visit [healthoregon.org/wic](https://healthoregon.org/wic)**

*This institution is an equal opportunity provider.*

# GROWING HEALTHY FUTURES

We know you do a lot — that's why we're here to help.

## What is WIC?

The Women, Infants, and Children (WIC) Program is a nutrition program that helps support healthy growth for infants and children up to age 5 years. You get an electronic benefit (EBT) card to purchase healthy foods, and when needed, we will refer you to health care and other community services. Nutrition counselors offer encouragement and guidance, helping you put your family's health first.

## How do I know if the child I am caring for is eligible?

They must:

1. Live in Oregon
2. Be under 5 years of age
3. **For a foster child:** Be considered the legal responsibility of the state  
**For a grandchild or relative child:** Live in a household that is income eligible

## How can I sign up?

Call your local WIC agency to schedule an appointment. You can find this number by going to [www.healthoregon.org/wic](http://www.healthoregon.org/wic); by calling 211; or by texting "health" to 898211.

## What do I bring to my first appointment?

You will need to bring:

- A document showing the child's proof of identity (such as OHP ID card, social security card, immunization record, or birth certificate);
- A document showing the child's current address; and
- **For a foster child:** A document showing foster care status (foster child placement letter);  
-OR-
- **For a grandchild or relative child:** A document showing income eligibility (such as SNAP award letter)

If you are unsure if something counts as a proof, call your local WIC agency.

## What foods can I get with WIC?

WIC foods include fruits, vegetables, whole grains, milk, eggs, yogurt, cheese, baby food, infant formula, beans and peanut butter. Families may receive different foods based on special dietary needs (for example, tofu or soy beverage).

## How do I shop for WIC foods?

You will get a WIC card (just like a debit card) that is easy to use at any WIC authorized grocery store. Be sure to use this card before using any other form of payment (such as SNAP).



You can use your smartphone to download the free WIC Shopper app. It gives you access to your WIC food balance, a list of foods you can buy with WIC, healthy recipes, and more.

