YOU GOT THIS, MOM!

CHILD UNDER 5? PREGRANT?
WIC CAN HELP!

• We provide fruits, veggies, milk and more
• We offer nutrition education and breastfeeding support
• We connect you to the services you need

Call your local WIC office:
To check eligibility, call 211 or visit healthoregon.org/wic

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

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