**INCLUDE WIC IN YOUR TREATMENT PLAN**

The American Academy of Pediatrics recommends that physicians refer eligible patients to WIC. Oregon WIC serves 44% of infants born. However, there are still thousands of pregnant women and babies, and even more children ages 2-5, who are eligible but not on WIC. People on Oregon Health Plan are automatically eligible for WIC*.

*Families are eligible for WIC if they have income up to 185% of the federal poverty level or are enrolled in other programs such as OHP or SNAP.

**CONNECT PATIENTS with WIC**

- Visit our website
- Go to ‘Learn more about the Oregon WIC Program’
- Click on ‘Resources for Medical Providers’
- **WIC Rx Forms**
  For families that need extra nutritional help
  
  www.healthoregon.org/wic

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Oregon WIC Program
800 NE Oregon St #865
Portland, OR 97232
www.healthoregon.org/wic
971-673-0040

WIC Rx materials were developed by Minnesota Dept. of Health WIC Program with funding from Hunger-Free Minnesota and have been adapted with their permission. USDA is an equal opportunity provider and employer.
Get RESULTS with WIC

Increase key nutrients in the diet
- Increase breastfeeding rates and success
- Improve healthy growth and development
- Better birth outcomes, with fewer preterm and low birth-weight babies

For every $1.00 spent on WIC during pregnancy, up to $4.21 is saved in medical costs!

WIC Services

The WIC team includes dietitians, nurses, certified lactation consultants and trained breastfeeding peer counselors. Together, WIC can offer your patients follow-up care in four key areas:

- **Breastfeeding**
  - Assistance & tips
  - Peer support

- **Resources**
  - Consultations
  - Referrals

- **Nutrition**
  - Assessment
  - Education

- **Food Choices**
  - Food packages
  - Shopping guidance

You promote healthy eating, WIC can help!