

Oregon WIC Quick Links

WOMEN

Tips for a Healthy Pregnancy

- Prenatal care
- Safe & healthy food choices
- Oral health

- Physical activity
- Weight gain
- Substance use

- Pregnancy discomforts
- Preparing for breastfeeding
- Self-care



Health Tips for New Moms

- Postpartum care
- Choosing healthy foods
- Folic acid and iron
- Being active

- Making “me” time
- Oral health
- Postpartum depression

- Understanding baby cues
- Breastfeeding
- Formula
- Avoiding harmful substances



INFANTS

Infant Feeding Guide

- Feeding from 0 to 12 months
- Tips for feeding breast milk and formula

- When to offer solid foods
- Feeding cues (hunger and fullness)

- Introducing peanut butter



Birth to 6 Months

- Bonding and skin-to-skin
- Breastfeeding
- Bottle feeding

- Feeding frequency
- Baby cues
- Growth spurts

- Tummy time
- Developmental milestones
- Safety
- Introducing peanut butter



6 to 12 Months

- Introducing solid foods
- Baby-led feeding
- How much food to offer

- Introducing a cup
- Food safety
- Playtime

- Developmental milestones
- Staying safe and healthy



CHILDREN

+ Sample meals with age-appropriate portions for each age!

1 to 1.5 Year Old

- Self-feeding with fingers and a spoon
- Responsive feeding
- Soft, moist, bite-sized foods

- Family meals
- Food-group amounts, whole milk, and breast milk
- Developmental milestones, oral health, and safety



1.5 to 2 Years Old

- Introducing and offering new foods
- Self-feeding and exploring food
- Regular meals and snacks

- Family meals and responsive feeding
- Food-group amounts, whole milk, and breast milk
- Developmental milestones, dental care, and safety



2 to 2.5 Years Old

- Making simple food choices
- Offering the same foods served to the family
- Continuing to offer a variety of new foods
- Mealtime routines

- Food-group amounts and switching to low-fat dairy
- Self-feeding, physical activity, & language development
- Choking prevention, oral health, and screen-time guidance



2.5 to 3 Years Old

- Benefits of family meals
- Relaxed, screen-free family mealtimes
- Allowing children to serve themselves and eat at their own pace

- Active play & simple household chores
- Learning through messy play, singing, and reading
- Home safety, dental care, handwashing, and screen time



3 to 3.5 Years Old

- Understanding choosy eating and changing appetites
- Offering new foods without pressure
- Parent/child roles during meals and snacks
- Mealtime manners

- Regular, pleasant, screen-free meals and snacks
- Helping with simple meal-preparation tasks
- Checkups, oral health, handwashing, and screen-time limits



3.5 to 4 Years Old

- Providing structure and support at mealtimes
- Parent/child roles in deciding what and how much to eat
- Planning regular meals and “super snacks”

- Helping set the table and prepare simple foods
- Choking prevention and routine checkups
- Oral health, handwashing, and screen-time limits



4 to 4.5 Years Old

- Building confidence
- Modeling healthy eating
- Helping children learn kitchen skills
- Peeling, rolling, juicing, cracking, and mashing foods

- Active family play, walks, cooking, and gardening
- Routine checkups and supervised teeth brushing
- Handwashing and healthy screen-time limits



4.5 to 5 Years Old

- Learning to make healthy food choices
- Preparing to make food choices at school
- Balancing familiar foods and trying something new each week

- Eating colorful fruits and vegetables
- Active play and less screen time
- Independence, table skills, reading, and taking turns
- Dental care, handwashing, and screen-time rules



FATHERS

Dad's Guide to Newborn Care

- How to offer support for Mom
- Breastfeeding support
- Spit up, burping, and dirty diapers

- Depression
- Bonding with baby
- Keeping baby safe – in the car, near water, and during sleep



Dad's Guide to a Healthy Child

- Being a role model
- Supporting learning and development
- Playtime
- Healthy food choices for kids

- Family mealtimes
- Safety
- Oral health



ADDITIONAL RESOURCES

Oregon WIC State Website	• WIC eligibility information and Interest Form • Local WIC clinic and authorized store locator • Oregon WIC Food List and shopping resources • Online nutrition education courses	• Breastfeeding information and support • Farm Direct Nutrition Program information • Resources for WIC staff, vendors, providers, and community partners	
How to Apply	• Quick eligibility screening tool • Includes questions about pregnancy, breastfeeding, postpartum status, children under age 5, household size, income, and current benefits	• Family meals • Food-group amounts, whole milk, and breast milk • Developmental milestones, oral health, and safety	
Find a Clinic	• Interactive map of nearby WIC clinics and authorized stores • Searchable list of local WIC agencies by county or organization	• Contact information for WIC programs across all 36 Oregon counties • Information about additional and part-time clinic locations	
Where can I shop?	• Searchable, interactive map of WIC-authorized grocery stores • Locations throughout Oregon that accept eWIC	• Local WIC clinic and agency information • County contacts for additional help finding nearby locations	
Oregon Health Plan	• Health coverage for eligible Oregonians with lower incomes • Coverage for children, pregnant adults, families, adults, and seniors	• Eligibility and application information • Oregon Health Plan benefits and services • Online account access, renewals, and reporting changes • Help finding providers and using benefits	
WIC Breastfeeding Support	• Breastfeeding preparation during pregnancy • Classes, support groups, and lactation resources • Getting started in the hospital and at home • Breastfeeding frequency, positioning, and latch concerns	• Pumping and hand-expression guidance • Traveling with breast milk and breast pumps • Relactation and weaning information • Signs that additional lactation or medical support may be needed	
Oregon Division of Tobacco Prevention	• Help with quitting tobacco, nicotine, and vaping products • Tobacco prevention and education programs • Smoke-free environments and communities	• Oregon Indoor Clean Air Act information • Tobacco retail laws, licensing, and sales requirements • County tobacco facts, reports, and downloadable materials	
Oregon 211	• Free, confidential community resource referrals • Food banks, SNAP, and other food assistance • Housing, shelter, and utility assistance • Health care and mental health resources	• Child care and parenting support • Transportation, employment, and basic-needs services • Trained specialists who help identify local programs • Searchable online database of community services	
Food Hero - Recipes	• Healthy, affordable recipes for meals and snacks • Recipes with five ingredients or fewer and prepared in 30 minutes or less	• Kid-approved and video recipes • Search by ingredient, meal type, or cooking method • Special-diet and culturally inspired recipe collections • Preparation time, serving amounts, and nutrition facts	
 Oregon WIC Facebook	• Oregon WIC news and program announcements • Healthy eating and nutrition tips	• Breastfeeding information and encouragement • WIC food, shopping, and benefit reminders • Clinic updates and links to family resources	
 Oregon WIC YouTube	• Oregon WIC educational videos and presentations • Breastfeeding and breast-pump training	• Recorded WIC staff trainings and meetings • Program information, updates, and learning resources	

