

## COVID-19 Information for Oregon WIC Families



### Are WIC clinics open during COVID-19?

The safety and health of your family is WIC's utmost priority during the spread of coronavirus (COVID-19). To protect all families and staff, your local WIC offices will continue to offer services by phone or online until further notice.

Please call your [local WIC office](#) if you have any questions about an upcoming appointment, your WIC benefits, or if you have any other needs. We are here for you!

### What if I cannot contact my local WIC office?

Please contact the Oregon State WIC program, and we will help you get connected:

E-mail: [robin.l.moulton@dhsosha.state.or.us](mailto:robin.l.moulton@dhsosha.state.or.us)

Text: 971-346-0792 or Call: 971-673-0040

### Can I get WIC if I lost my job from COVID-19?

If you or someone you know has been financially affected by recent events and are pregnant, just had a baby or have children under the age of five, WIC is accepting applications for new families. WIC is here to help provide healthy foods and other resources. Eligible families, dads, grandparents and foster parents caring for eligible children should contact their local WIC office for more information. [Check the WIC eligibility guidelines](#) for more information.

### How can I sign up for WIC?

A quick way to get connected is to fill out the [WIC Interest Form](#) on Oregon WIC's website. If you live in Clackamas, Deschutes, Jackson, Multnomah or Washington county, be sure to fill out the county form.

### What if a WIC food or infant formula is out at my grocery store?

WIC is hearing from grocery stores that there is no shortage of foods or infant formula. Some grocery store shelves may be empty due to increased shopper demand, but they will be restocked. WIC is working with grocery stores to make sure foods are available.

## Here are a few WIC shopping tips:

- Call the store and ask what day and time new shipments arrive
- Contact a different WIC grocer if the store you normally shop at is out of a certain food. Check out WIC's interactive map to find a grocer near you: [WIC Grocer Search](#)
- Ask the store's Customer Service if backstock is available
- Shop first thing in the morning or during non-peak times
- Contact your local WIC clinic and ask for help

WIC has temporarily added new WIC food options for fruit, vegetables, eggs and cheese. These are not extra benefits. These foods are temporarily added to help you find foods to buy with your existing WIC benefits (bold is what is new):

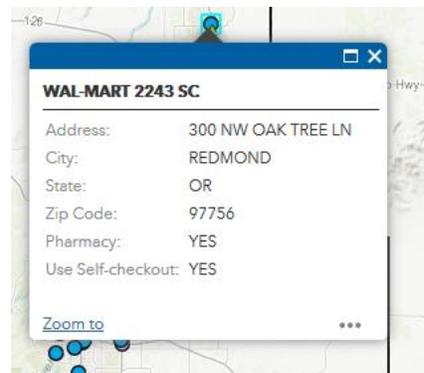
- **Medium, large, extra-large or jumbo white eggs** (no organic or cage-free eggs)
- WIC-authorized **cheese in 8 oz.** blocks
- **Canned fruits and veggies**

The [WIC Shopper App](#) is the best way to find out if a food is WIC-authorized using the scan barcode feature. This app has other features like showing real-time benefits and links to healthy recipes. Be sure to download the app at home before going to the store.

## Can I order my WIC foods online or use curbside pickup?

Ordering WIC foods online and using curb-side pick-up is, unfortunately, not available. We know this may pose a challenge for some shoppers. Here are a few ideas on shopping with WIC to keep yourself safe:

- Get a 2<sup>nd</sup> cardholder and have them shop for you
- If you are pregnant, shop during the special shopping hours. Many stores are open an hour early for shoppers that may be at increased risk
- Use self-check-out for a more physically distant experience. The Oregon stores that allow eWIC at self-checkout are Winco, Walmart, Fred Meyer and QFC. Self-checkout information can also be found using our online map on our [WIC website](#) (see image showing "use self-checkout" line)



## What about breastfeeding my baby and COVID-19?

Breast milk is the best source of nutrition for most babies. It protects against many illnesses, promotes bonding, and is always available. WIC has certified lactation consultants that are here for you. Call your local WIC clinic for breastfeeding information and support, or refer to the latest recommendations from the [Centers for Disease Control on Breastfeeding and COVID-19](#).

## What if I need information or help finding infant formula?

1. WIC can help you get infant formula - If you are having trouble getting infant formula, please refer to the WIC shopping tips above, and then contact your [local WIC office](#) for additional support.
2. It is not safe to dilute or make your own formula. Please refer to this article from the [American Academy of Pediatrics, Is Homemade Baby Formula Safe](#) for more information.

## What are some other helpful resources?

Find up-to-date information regarding [Oregon's Coronavirus \(COVID-19\) response](#).

- [Oregon WIC Program](#)
- [Center for Disease Control and Prevention](#)
- [World Health Organization](#)

Additional Oregon food resources

- [Apply for SNAP](#)
- [Oregon Food Bank Food Finder](#)
- [School Meal Site Map](#)