Your doctor suggests that you consider visiting WIC for these services to help your family be healthy.

- Healthy eating during pregnancy
- Breastfeeding support
- Infant and child feeding
- Child’s healthy growth
- Assistance with family meals
- Nutritious foods
- Other: __________________________

LEARN MORE at www.healthoregon.org/wic

DIAL 211 to find a WIC clinic near you

This institution is an equal opportunity provider and employer.

WIC Rx materials were developed by Minnesota Dept. of Health.