



NUTRITION SERVICES

NAME _____ DATE _____

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.