

En emon foster parent ika emon caregiver aramasen  
ewe semirit mi chok kukun seni ewe ier 5?  
**Sign up ren ewe WIC!**



- Am mi awora ekkei metoch ese kamo ren feun ira, masowen non atake, minik me pwan ekkewe ekkoch metoch
- Am mi awora ekkewe class me counseling ren tumwunun inisumw
- Am mi tongeni connect ngonuk ekkewe service en mi need



Upwe ifa usun ai upwe pwan sinei tichikin ekkei metoch?  
**Kokori 211 iwe ka ais porousen WIC ika teta won**  
**[healthoregon.org/wic](http://healthoregon.org/wic)**

*Ei mwich mei kawor fanitan meinisin ese pwan nifinifin.*

# AMARII POCHOKUNEN NESOR ME PONON

Kich mi sinei pwe en mi fori chomwong metoch – ina pwata iei kich mi nomwach sipwe anisuk.

## Met ei WIC?

Ewe Women, Infants, me Children (WIC) Program ew nutrition program epwe tongeni anisi me tumwunu me amari ekkewe mwonukon me semirit tori ewe ier 5. Ina kopwe angei ew noumw electronic benefit (EBT) card ren omw kopowe tongeni meni ekkewe mwongo mi eochu ngeni inisumw, iwe ika pwe aa tori fansoun, iwe ina ampwe refer ngonuk ekkewe health care ika ekkewe ekkoch aninis me non ei community. Ekkewe nutrition counselors iwe re kan awora aninis me pesepes, an epwe tongeni anisi omw ewe famini non tumwunun inisimi.

## Upwe ifa usun me sinei ika neiwe uu tutumwunu mi eligible?

- Repwe:
1. Nonomw non Oregon
  2. Repwe ier kukunutiw fan ewe ier 5
  3. **Ren ewe foster semirit:** Repwe nomw fan tumwunuwen ewe state  
**Ren ewe grandchild ika ewe semirit aramasomw:** Repwe nonomw non ewe household ewe income epwe eligible

## Met upwe fori ai upwe sign up?

Kokori omw ewe local WIC agency ren omw kopwe schedule ew appointment. En mi tongeni kopwe kuna ena nampa ren: omw teta won [www.healthoregon.org/wic](http://www.healthoregon.org/wic); ika kokori 211; ika text “health” ngeni 898211.

## Met kopwe uwei ngeni omw ewe ewin appointment?

Met ekkewe kopwe uwei:

- Ekkewe taropwen pwarata ren an ewe semirit identity (ren chowean OHP ID card, social security card, noun kato, ika ewe birth certificate);
- Ewe taropwen pwarata ren ian ewe semirit ee kan nonomw ian ren an address; me
- **Ren ewe foster semirit:** Ewe taropwen pwarata epwe nomw an ewe foster care status (foster child placement letter)  
-IKA-
- **Ren ewe grandchild ika ewe semirit aramasomw:** Taropwen pwarata ren ewe income eligibility (Ren chowean echo taropwe seni SNAP)

Ika pwe kose kon sinei ika pwe ew metoch mi pwan ew taropwen pwarata, iwe kokori omw ewe local WIC agency.

## Met ekkewe sokkun mwongo ngang mi tongeni kut ren ewe WIC?

Ekkewe mwongon WIC mi pachenong feun ira, masowen non atake, ekkewe whole grains, minik, sokkun, yogurt, cheese, anen mwonukon, minik unumwen mwonukon, beans me peanut butter. Ekkewe famini ir mi tongeni repwe angei ekkewe mwongo ee anongonong won ar ewe special diet (awewe chok, tofu ika ekkewe soy beverage).

## Ifa usun ai upwe tongeni nounou WIC ren mwongo?

Ina kopwe angei ew WIC card (usun chok ew debit card) mi mecheres omw kopwe nounou non ekkewe sitowa WIC mi mwutata kopwe nounou ie. Kopwe akomwa me nounou ei card mwen omw kopwe nounou ekkewe pwan ekkoch metoch me kamotiw (ren chowean SNAP).



En mi tongeni kopwe nounou noumw ewe smartphone ren omw kopwe download ini ewe WIC Shopper app. Ren omw kopwe tongeni katon ika aa fite masowan noumw ewe WIC, ewe list ren mwongo en mi tongeni meni won noumw ewe WIC, ekkewe recipe mi fokkun healthy, me pwan ekkewe metoch.

