

# What you get with WIC

- Answers to your nutrition questions
- Breastfeeding help and breast pumps for moms who need them
- Help getting other services
- Information on how to feed your child, prenatal care, breastfeeding and much more
- Vouchers to buy foods that help keep you healthy and strong:
  - ✓ Milk
  - ✓ Cheese
  - ✓ Eggs
  - ✓ Dried beans or peas
  - ✓ Fruits and vegetables
  - ✓ Baby food
  - ✓ Fruit juice
  - ✓ Peanut butter
  - ✓ Cereal
  - ✓ Whole wheat bread, corn tortillas or brown rice
  - ✓ Canned tuna or salmon
- Extra foods for moms who are breastfeeding and who don't get formula from WIC
- Infant formula for moms who are not breastfeeding



**Call WIC today.**

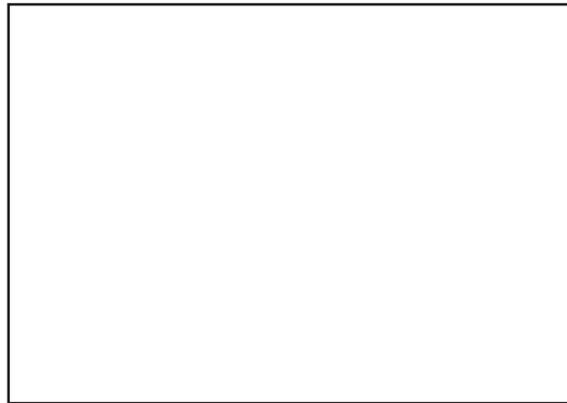
**800-SAFENET (800-723-3638)**

**TTY Relay**

**Call 800-735-2900 or 711**

**Visit us online at:**

**[www.oregon.gov/dhs/ph/wic](http://www.oregon.gov/dhs/ph/wic)**



For people with disabilities, this material is available in other formats. Call (971) 673-0040.

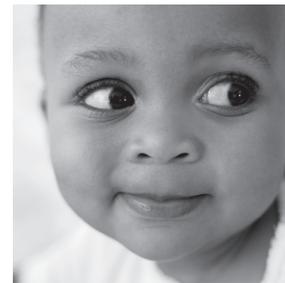
WIC is an equal opportunity program and employer.



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**DHS: PUBLIC HEALTH DIVISION**

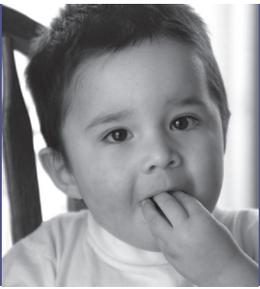
**WIC**  
**Nutrition for you**  
**and your family**



oregon  
**wic**  
program



**DHS** | Independent. Healthy. Safe.



## What is WIC?



## Who is eligible?



## How do I apply?

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a nutrition education program that helps families identify healthy nutrition choices that work for them.

### Why get WIC for your family?

**Women** on WIC eat a healthier diet, have healthier babies and receive early prenatal care.

**Infants** born to WIC mothers weigh more and have improved growth and development rates.

**Children** on WIC eat foods with more iron and vitamin C, and visit their doctors regularly.

### You are eligible if you meet all of the following:

- Live in Oregon
- Are a pregnant, postpartum or breastfeeding woman, an infant or a child under 5 years old

*Fathers, grandparents, foster parents or other guardians may apply for WIC for their children.*

- Have a nutritional need
- Have a household income that is less than or equal to the guidelines below

#### Total Income Guidelines

| Household Size | Monthly | Weekly |
|----------------|---------|--------|
| 1 person(s)    | \$1,670 | \$386  |
| 2              | 2,247   | 519    |
| 3              | 2,823   | 652    |
| 4              | 3,400   | 785    |
| 5              | 3,976   | 918    |
| 6              | 4,553   | 1,051  |

Effective through March 31, 2010.  
For current income guidelines, go to:  
[www.oregon.gov/dhs/ph/wic](http://www.oregon.gov/dhs/ph/wic)

*You are income-eligible for WIC if you get TANF, food stamps or the Oregon Health Plan.*

### To make an appointment:

- 1 Call the WIC program nearest you or call 800-SAFENET (800-723-3638).
- 2 Staff will tell you what to bring to the appointment.
- 3 At your appointment, WIC staff will:
  - ✓ Review your health history.
  - ✓ Check your diet.
  - ✓ Determine if you qualify.
  - ✓ Answer your questions about nutrition.
  - ✓ Help you find more services.
  - ✓ Give you vouchers to buy healthy foods.
  - ✓ Work with you to help you reach your nutrition goals.