

WIC Can Help Keep You and Your Baby Healthy!



Contact: Oregon SafeNet 1-800-SAFENET 1-800-723-3638 503-988-5858
or on the web at www.healthoregon.org/wic

The Women, Infants and Children Nutrition Program (WIC) is a nutrition education program that helps families stay healthy.

When you participate in WIC you get the following FREE services:

- counseling about feeding your baby and yourself
- support for breastfeeding your baby
- breast pumps for moms returning to work
- nutrition classes, recipes, and flyers
- vouchers you can use at the store to buy nutritious foods to help meet your and your baby's needs
- help getting other services such as shots for your baby

You may qualify for WIC services if you:

- are pregnant, or
- breastfeeding, or
- less than 6 months postpartum if not breastfeeding, or
- have children under the age of 5, and
- have a health, medical or nutrition need, and
- have a household income less than or equal to the WIC guidelines.
 - » For example, a family of 4 who makes less than \$3,184/month meets the WIC income guidelines (These guidelines change every year)
 - » If you receive the Oregon Health Plan, food stamps or cash assistance (TANF) you meet the WIC income guidelines
 - » For current income by family size, please visit our website at:

www.healthoregon.org/wic
or call 1-800-SAFENET (1-800-723-3638)

You do not have to be a U.S. citizen to get WIC services. Many people who participate in WIC are families who work. You might be surprised to learn you qualify.

**WIC
Works
Wonders!**



oregon
wic
program

"healthy kids, strong parents"

