



Baker County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 52%
 Statewide 38%

Women, infants and children served

Total: 848

Infants and children under 5 599
 Pregnant, breastfeeding and postpartum women 249

WIC moms who start out breastfeeding

82.7%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$293,798
 Dollars to farmers.....\$1,180

WIC families in your county

Number of families served 316
Working families 64%
 WIC households with at least one working family member
Families living in poverty..... 63%
 Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Baker County

2009 WIC Facts

WIC agencies & sites:

Baker County WIC Program

Clinic sites

Baker City

WIC authorized grocery stores

Albertsons
Old Pine Market
Richland Hitching Post
Rite Aid

Safeway
Wilson Food Town

WIC authorized farmers' markets & farm stands

A Thyme To Garden
Baker City Farmers' Market
Banister
C Lazy J Ranch
Eagle Creek Orchard
Frank McCleary Farm
Shepherd's Hill Farm
Starwood Farm
Treasure from Heaven
Valerie Tachenko

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Benton County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 31%
Statewide 38%

Women, infants and children served

Total: 2,414

Infants and children under 5 1,649
Pregnant, breastfeeding and postpartum women 765

WIC moms who start out breastfeeding

92.3%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$783,925
Dollars to farmers.....\$4,744

WIC families in your county

Number of families served 1,011
Working families 64%
WIC households with at least one working family member
Families living in poverty..... 62%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





Benton County

2009 WIC Facts

WIC agencies & sites:

Benton County WIC Program

Clinic sites

Corvallis WIC

Monroe WIC

WIC authorized grocery stores

Albertsons

Dari-Mart

First Alternative Co-Op

Fred Meyer

Philomath Thriftway

Richey's Market

Rite Aid

Safeway

Winco

WIC authorized farmers' markets & farm stands

Albany Farmers' Market

Bartlett Farms

Bina's Patchwork Garden

Blueberry Meadows

Cheryl's Garden

Cloud Run

Corvallis Farmers' Market -

Downtown Riverfront

Corvallis Saturday Market

Community Table

Corvallis Wednesday Farmers'

Market

Davis Family Farm, Inc

Denison Farms

Drahnacre Farms

Earth's Rising

Fairfield Farms

Frog Hollow

Gathering Together Farm

Heavenly Harvest/Ag Solutions,

Inc.

Lyday Family Farm

My Pharm

Oven & Earth

Ray's Fruit Stand

Stahlbush Island Farms

Sunbow Farm

Territorial Road Orchard

Turpen Family Farm

Twedt's Willametteedale Farms,

Inc.

Veun's Garden

Wilt Farm - Sunset Valley

Organics

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Clackamas County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 27%
Statewide 38%

Women, infants and children served

Total: 10,499

Infants and children under 5 7,537
Pregnant, breastfeeding and postpartum women 2,962

WIC moms who start out breastfeeding

89.3%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$3.89 million
Dollars to farmers..... \$24,636

WIC families in your county

Number of families served 4,362
Working families 65%
WIC households with at least one working family member
Families living in poverty..... 61%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Clackamas County

2009 WIC Facts

WIC agencies & sites:

Clackamas County WIC Program

Clinic sites

Oregon City

Sandy

Barlow/Canby

Gladstone

WIC authorized grocery stores

Albertsons

Cutsforth Thriftway

Danielson's

Fred Meyer

Haggen Foods

Harvest Market Thriftway

Hoodland Thriftway

Lamb's Thriftway

Market Of Choice

New Seasons

Rite Aid

Safeway

Save-A-Lot

Steve's Select Market

Walgreens



Clackamas County

2009 WIC Facts

WIC authorized farmers' markets & farm stands

Albeke Farms	Parsons Farm & Sweet Oregon
ANB Farms	Berry Farm Co.
Bay's Farm	RAH Farms
Berry Fresh	Redland Blueberries
Bittersweet Farm	RJ's Farm
Blooming Goodies	Rock Springs Farm
Boring Farmers' Market	Sandy Farms
C & K's Flower Garden	Schedeen Farms, Inc.
Canby Saturday Farmers' Market	Serres Greenhouse & Farm
Cedar Fern Farm	South Barlow Berries
Creekside Farm	The English Garden
Estacada Growers' Market	Think Unique Gifts
Family Table Farm	Thompson Farms
Five Oaks Farm	Wild Horse Herbs and Produce
Flower Farmer	Wild Things
Galin-Flory Farms	Wrights Greenhouse
Green Acres Farm	Zamora Farms
Hansen Family Farms	
Hoffman's Dairy Garden	
Honor Earth Farm	
Kaleng's Produce	
Lake Oswego Farmers' Market	
Liepold Farms	
Little Patch	
Loibl Farm	
M & A Farms	
M & M Produce	
Marquam Meadows Fruit Company	
May Yeu Cha	
Milwaukie Sunday Farmers' Market	
Mulino Valley Farm	
Natural Harvest Farm	
Oregon City Farmers' Market	

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Clatsop County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 52%
Statewide 38%

Women, infants and children served

Total: 2,020

Infants and children under 5 1,467
Pregnant, breastfeeding and postpartum women 553

WIC moms who start out breastfeeding

93.0%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$720,623
Dollars to farmers.....\$4,132

WIC families in your county

Number of families served 817
Working families 72%
WIC households with at least one working family member
Families living in poverty..... 60%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Clatsop County

2009 WIC Facts

WIC agencies & sites:

Clatsop County WIC Program

Clinic sites

Seaside

Astoria

WIC authorized grocery stores

Fred Meyer

Hunts Market

Ken & Sons' Select Market

Main Street Market

Mariner Market

Rite Aid

Safeway

Walgreens

WIC authorized farmers' markets & farm stands

Astoria Sunday Market

Autumn Harvest Farms

Cannon Beach Farmers' Market

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Columbia County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 26%
Statewide 38%

Women, infants and children served

Total: 2,255

Infants and children under 5 1,614

Pregnant, breastfeeding and postpartum women 641

WIC moms who start out breastfeeding

77.7%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$849,868

Dollars to farmers.....\$4,008

WIC families in your county

Number of families served 962

Working families 56%

WIC households with at least one working family member

Families living in poverty..... 67%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Columbia County

2009 WIC Facts

WIC agencies & sites:

Columbia County WIC Program

Clinic sites

St. Helens

Vernonia

Rainier

Clatskanie

WIC authorized grocery stores

Fred Meyer

Rite Aid

Safeway

St Helens Red Apple Market

Vernonia Sentry

Walgreens

WIC authorized farmers' markets & farm stands

Ellie Pope

Green Jean Gardens

Hong Berge

Jo's Country Market

Rainier Marina Market

Scappoose Community Farmers'

Market

Shaft's Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Coos County 2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 52%
Statewide 38%

Women, infants and children served

Total: 3,273

Infants and children under 5 275
Pregnant, breastfeeding and postpartum women 2,998

WIC moms who start out breastfeeding

89.4%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$1.19 million
Dollars to farmers.....\$5,184

WIC families in your county

Number of families served 1,294
Working families 58%
WIC households with at least one working family member
Families living in poverty..... 64%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Coos County 2009 WIC Facts

WIC agencies & sites:

Coos County WIC Program

Clinic sites

North Bend

Bandon

Coquille

Coquille Tribal Center

Lakeside

Powers

WIC authorized grocery stores

Albertsons

Fred Meyer

Lighthouse Grocery & Deli

Mckays Market

Powers Market

Price N Pride

Ray's

Rite Aid

Safeway

Semperts Drug

Wal-Mart

WIC authorized farmers' markets & farm stands

Aldercreek Farm

Alta Pacific

Amy's Blueberries

Bandon Little Farmers' Market

Bog Demo Community Garden

Coos Bay Farmers' Market

Coquille Farmers' Market

Cricket Creek Farm

Fat Dog Farms

Forrest Island Farm

Hatcher Creek Ranch

John Shank Farm

John's Farm

Lettuce Grow Organic Farm

Misty Meadows

Moon Shadow Acres

Scott Woolley Produce Market

Snugglers Cove

Tall T Blueberry Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Crook County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 29%
Statewide 38%

Women, infants and children served

Total: 1,183

Infants and children under 5 852
Pregnant, breastfeeding and postpartum women 331

WIC moms who start out breastfeeding

86.5%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$451,607
Dollars to farmers.....\$2,044

WIC families in your county

Number of families served 475
Working families 71%
WIC households with at least one working family member
Families living in poverty..... 59%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





Crook County

2009 WIC Facts

WIC agencies & sites:

Crook County WIC Program

Clinic sites

Crook County Health Department
Mitchell
Paulina
Post

WIC authorized grocery stores

Erickson's Thriftway - Prineville
Ray's
Rite Aid

Wagner's Price Slasher

WIC authorized farmers' markets & farm stands

Dancing Cow Farm
GW Garden
Prineville Farmers' Market
Stan's Produce
The Stand

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



The Confederated Tribes of Umatilla Community

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 43%
Statewide 38%

Women, infants and children served

Total: 236

Infants and children under 5 162
Pregnant, breastfeeding and postpartum women 74

WIC moms who start out breastfeeding

66.7%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$74,004
Dollars to farmers.....\$308

WIC families in your county

Number of families served 94

Working families 53%

WIC households with at least one working family member

Families living in poverty..... 63%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





The Confederated Tribes of Umatilla Community

2009 WIC Facts

WIC agencies & sites:

The Confederated Tribes of Umatilla WIC Program

Clinic sites

Tribal Health Center - Pendleton

WIC authorized grocery stores

Albertsons

B & C Grocery

Columbia Harvest Foods

Fiesta Foods Of Hermiston

Ione Market

Mercado Los Gavilanes

Pilot Rock Market

Rite Aid

Safeway

Stanfield's Main St Market

Two Boys Meat & Grocery

Wal-Mart Supercenter

WIC authorized farmers' markets & farm stands

A2 Farming

Bellinger Farms

Benson Farm

Blue Mountain Growers

Bob Walchli Farms - Hermiston

Melon Co

Crafton Farms

Craig F Coleman Inc

Finley's Fresh Produce

Gala Springs

Giannakopoulos Farm

Hermiston Farmers Market

IKO Farms

Ikonomou (IKO Farms)

John Zerba

Kathy Jones

Key Farms

M & D Farms

Patrick Walchli Farm

Peach Blossom Orchard

Pendleton Farmers' Market

The Blues' Berry Farm

Waliser Farms

Waliser's Fruit Stand

Young's Orchard & Fruit Stand

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



The Confederated Tribes of Warm Springs Community

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 65%
 Statewide 38%

Women, infants and children served

Total: 736

Infants and children under 5 538
 Pregnant, breastfeeding and postpartum women 198

WIC moms who start out breastfeeding

89.2%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$278,548
 Dollars to farmers.....\$348

WIC families in your county

Number of families served 333
Working families 34%
 WIC households with at least one working family member
Families living in poverty..... 75%
 Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





The Confederated Tribes of Warm Springs Community

2009 WIC Facts

WIC agencies & sites:

The Confederated Tribes of Warm Springs Community WIC Program

Clinic sites

Warm Springs Clinic

WIC authorized grocery stores

Warm Springs Market

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Curry County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 42%
Statewide 38%

Women, infants and children served

Total: 950

Infants and children under 5 665
Pregnant, breastfeeding and postpartum women 285

WIC moms who start out breastfeeding

86.6%

WIC benefits your local economy

Dollars to grocery stores \$337,334

WIC families in your county

Number of families served 384

Working families 63%
WIC households with at least one working family member

Families living in poverty 62%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Curry County

2009 WIC Facts

WIC agencies & sites:

Curry County WIC Program

Clinic sites

Gold Beach

Brookings

Port Orford

WIC authorized grocery stores

Fred Meyer

Mckay's Market

Ray's

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Deschutes County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 37%
Statewide 38%

Women, infants and children served

Total: 7,353

Infants and children under 5 5,224
Pregnant, breastfeeding and postpartum women 2,129

WIC moms who start out breastfeeding

93.3%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$2.64 million
Dollars to farmers..... \$15,480

WIC families in your county

Number of families served 2,971
Working families 68%
WIC households with at least one working family member
Families living in poverty 60%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Deschutes County

2009 WIC Facts

WIC agencies & sites:

Deschutes County WIC Program

Clinic sites

Bend

Redmond

La Pine

WIC authorized grocery stores

Albertsons

Bend Food Less

Corner Store

Erickson's Thriftway - Bend

Fred Meyer

Newport Avenue Market

Ray's

Rite Aid

Safeway

Terrebonne Thriftway

Walgreens

Wal-Mart Supercenter

WIC authorized farmers' markets & farm stands

Bend Farmers' Market

Bend Farmers' Market - St.

Charles Medical Center

Fields Farm

Larkin Farm

Northwest Crossing Saturday

Farmers Market

Redmond Farmers' Market

Sarah's Garden

Schoolhouse Produce

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Douglas County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 54%
Statewide 38%

Women, infants and children served

Total: 5,782

Infants and children under 5 4,126
Pregnant, breastfeeding and postpartum women 1,656

WIC moms who start out breastfeeding

88.4%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$2.27 million
Dollars to farmers..... \$12,916

WIC families in your county

Number of families served 2,452
Working families 55%
WIC households with at least one working family member
Families living in poverty..... 67%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Douglas County

2009 WIC Facts

WIC agencies & sites:

Douglas County WIC Program

Clinic sites

Roseburg
Canyonville
Drain
Reedsport
Glendale
Myrtle Creek
Sutherlin

WIC authorized grocery stores

Albertsons
Fred Meyer
Glenway Superstore
Hometown Foods
Idleld Trading Post
Lagranders Market
Price N Pride
Ray's

Rite Aid
Safeway
Sherm's
South County Market
Southgate Market & Deli
Walgreens
Yoncalla Food Center

WIC authorized farmers' markets & farm stands

"Ain't No Ranch"
Dillard Farm Market
Dillard Produce
Glengarry Fruitlands
Hayhurst Valley Organic Farm
James Orchard
Jones Farms
Kruse's Farm Market
Linnea Marie Farms
Little T's Produce
Mary's Garden
Natures' Own Farm

Norm Lehne Gardens &
Orchards
Peerless Produce, LLC
Raynblest Farm
Riggs Family Gardens
Rosewood Gardens & Nursery
Sterken Farm
Sugartree Farms
The Berry Patch
The Cherry Orchard
Umpqua Valley Farmers' Market
Waters Edge Farm

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Grant County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 56%
Statewide 38%

Women, infants and children served

Total: 339

Infants and children under 5 246
Pregnant, breastfeeding and postpartum women 93

WIC moms who start out breastfeeding

82.9%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$110,506
Dollars to farmers.....\$468

WIC families in your county

Number of families served 131
Working families 66%
WIC households with at least one working family member
Families living in poverty..... 58%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Grant County

2009 WIC Facts

WIC agencies & sites:

Grant County WIC Program

Clinic sites

John Day

WIC authorized grocery stores

Chester's Thriftway
Dayville Mercantile
Huffmans Market

Len's Drug

WIC authorized farmers' markets & farm stands

Kimberly Orchards LLC
Taruscio Farms - Curries Fresh
Market

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Harney County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 17%
Statewide 38%

Women, infants and children served

Total: 392

Infants and children under 5 284
Pregnant, breastfeeding and postpartum women 108

WIC moms who start out breastfeeding

92.1%

WIC benefits your local economy

Dollars to grocery stores \$124,624

WIC families in your county

Number of families served 150

Working families 69%
WIC households with at least one working family member

Families living in poverty 63%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Harney County

2009 WIC Facts

WIC agencies & sites:

Harney County WIC Program

Clinic sites

Burns

WIC authorized grocery stores

Erickson's Sentry
Rite Aid

Safeway

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Hood River County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 58%
Statewide 38%

Women, infants and children served

Total: 1,550

Infants and children under 5 1,103

Pregnant, breastfeeding and postpartum women 447

WIC moms who start out breastfeeding

97.2%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$610,420

Dollars to farmers.....\$3,824

WIC families in your county

Number of families served 700

Working families85%

WIC households with at least one working family member

Families living in poverty.....54%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Hood River County

2009 WIC Facts

WIC agencies & sites:

Hood River WIC Program

Clinic sites

Cascade Locks Church / Iglesia

Hood River WIC Office

Parkdale Fire Department

WIC authorized grocery stores

Columbia Market
Jim's Market
Mcisaac's Store
Mid-Valley Market
Rite Aid

Rosauers Food & Drug Center
Safeway
Walgreens

WIC authorized farmers' markets & farm stands

A&J Orchards, LLC
Alice's Orchard and Fruitstand
Cody Orchard Fruit Stand
Dancing Moon Farm
Dawn Thibeault
DeMartini Family Farms
Draper Girls Country Farm
Elk Pasture Orchards
Feeley's Fruit
Gorge Grown Farmers' Market
Imai Orchards
James Organic Blueberries
Kiyokawa Family Orchards
Montavons Berries
Mt. View Orchards Fruitstand
Outback Farms
Packer Orchards
Pearl's Place
Rasmussen Farms
Smiley's Red Barn
Springwood Farm

Tamiyasu Orchards

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Jackson County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 49%
Statewide 38%

Women, infants and children served

Total: 10,643

Infants and children under 5 7,387
Pregnant, breastfeeding and postpartum women 3,256

WIC moms who start out breastfeeding

93.3%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$3.7 million
Dollars to farmers..... \$20,052

WIC families in your county

Number of families served 4,486
Working families 65%
WIC households with at least one working family member
Families living in poverty..... 66%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





Jackson County

2009 WIC Facts

WIC agencies & sites:

Jackson County WIC Program

Clinic sites

Medford

Rogue River

Ashland

WIC authorized grocery stores

Albertsons
Ashland Shop N Kart
Butte Falls General Store
Fred Meyer
Market Of Choice
Rainey's Corner Market
Ray's
Rite Aid
Ruch Country Store

Safeway
Shady Cove Market
Sherm's
Tarks Market
The Medicine Shoppe
Walgreens
Wal-Mart Supercenter
Winco

WIC authorized farmers' markets & farm stands

1/4 Acres farm
4 Seasons Pux Year
Abbie Lane Farm
Ashland Rogue Valley Growers'
& Crafters' Market - Saturday
Ashland Rogue Valley Growers'
& Crafters' Market - Tuesday
Barking Moon Farm
Bigham Farms
Blue Fox Farm
Bradford Family Farm
D & L Acres
Donald Velasquez
Elk Creek Gardens
Elmer & Ruby's

Foothill Winery at Hillcrest
Orchard
Fox Run Farm
Fry Family Farm
Green Ridge Farm
Happy Days Products
Horse Creek Biodynamic Farm
Community
Jeffrey Kessler
Joshua Farm
Kurth Family Farm
LeBeau Jardin
Meadowlark Family Farm
Medford Rogue Valley Growers'
& Crafters' Market
Nolte Family Farm

Payne Creek Ranch
R. Farms
Rogue River Sunday Market
Rolling Hills Farm
Runnymede Farm
Savage Creek Farm
Seven Oaks Farm
Swallow Springs Farm
Thompson Creek Organics LLC
UR Organic
Village Farm
Walker Creek Farm
White's Country Farm
Wild Bee Gardens

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Jefferson County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 66%
Statewide 38%

Women, infants and children served

Total: 2,090

Infants and children under 5 1,518
Pregnant, breastfeeding and postpartum women 572

WIC moms who start out breastfeeding

90.8%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$796,570
Dollars to farmers.....\$2,072

WIC families in your county

Number of families served 880
Working families 46%
WIC households with at least one working family member
Families living in poverty..... 71%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Jefferson County

2009 WIC Facts

WIC agencies & sites:

Jefferson County WIC Program

Clinic sites

Madras

CT Warm Springs

WIC authorized grocery stores

Erickson's Thriftway

Safeway

The Store

Warm Springs Market

WIC authorized farmers' markets & farm stands

Common Ground Produce

Madras Saturday Market

The Family Farm

Zena Bartz

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Josephine County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 50%
Statewide 38%

Women, infants and children served

Total: 4,647

Infants and children under 5 3,302
Pregnant, breastfeeding and postpartum women 1,345

WIC moms who start out breastfeeding

92.5%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$1.7 million
Dollars to farmers.....\$9,260

WIC families in your county

Number of families served 1,901
Working families 58%
WIC households with at least one working family member
Families living in poverty..... 66%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Josephine County

2009 WIC Facts

WIC agencies & sites:

Josephine County WIC Program

Clinic sites

Grants Pass

Cave Junction

Wolf Creek

WIC authorized grocery stores

Albertsons

Covered Bridge Store

Fred Meyer

Kellys Market & Deli

Lil Pantry

Provolt Store

Ray's

Rite Aid

Safeway

Walgreens

Wal-Mart Supercenter

Williams General Store

Wolf Creek General Store

WIC authorized farmers' markets & farm stands

Applegate Asparagus

Bickle Family Farm

Blackberry

Blackberry Hollow

Brock Farm's

Chernay Gardens

Dancing Bear Farm

David's Speciality Nursery

Donna Conkling

Fort Vannoy Farms, Inc

Gramc Blue Spruce Farm

Grants Pass Growers' Market

Grants Pass Growers' Summer
Market

Green Wizard Gardens

Hounds Reach Farm

Illinois Valley Organic

Kerbyville Farm

Lawrence Farm

Mud Puddle Farm

Nelsen Family Farm

Pennington Farms

Quail Run Farm

Reusche

Selma Farmers' Market

Stinking Rose Ranch

Summer Jo's

Sweet Water Farm

Three Mile Farm

Tributary Heirloom Farm

Whistling Duck Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Klamath County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 58%
Statewide 38%

Women, infants and children served

Total: 4,277

Infants and children under 5 3,036
Pregnant, breastfeeding and postpartum women 1,241

WIC moms who start out breastfeeding

85.4%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$1.58 million
Dollars to farmers.....\$6,296

WIC families in your county

Number of families served 1,849
Working families 69%
WIC households with at least one working family member
Families living in poverty..... 66%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





Klamath County

2009 WIC Facts

WIC agencies & sites:

Klamath County WIC Program

Clinic sites

Klamath Falls

Bly

Bonanza

Chiloquin

Malin

Merrill

WIC authorized grocery stores

Albertsons

Clydes Fairway Market

Family Food Center

Fred Meyer

Martins Food Center

Rite Aid

Safeway

Sherm's

Squaw Flat Store

Sycan Store

Wal-Mart Supercenter

WIC authorized farmers' markets & farm stands

Anli Wilson

Belweather Farm

Blackwood

Blue Sky Hydroponics

Cornelius Family Farm

DJM Farm

Ediblearth by Rhone Allicen

Boyle-Wasoski

Ervin Moulton

Fresh Green Organic Garden

Homedale Farms

Hope Springs Farm

Klamath Falls Farmers' Market

Lian Kiser

Lily Kurusz

Lisa Hanscom

Mountain Valley Gardens

Rocking S

Sprague River Gardens

Sweetbriar Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Lake County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 51%
Statewide 38%

Women, infants and children served

Total: 359

Infants and children under 5 254
Pregnant, breastfeeding and postpartum women 105

WIC moms who start out breastfeeding

83.3%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$133,769
Dollars to farmers.....\$96

WIC families in your county

Number of families served 138

Working families 65%
WIC households with at least one working family member

Families living in poverty..... 63%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Lake County

2009 WIC Facts

WIC agencies & sites:

Lake County WIC Program

Clinic sites

Lakeview

Christmas Valley

WIC authorized grocery stores

Christmas Valley Market

Safeway

Sagewood Grocery

Stewart's Marketaria

WIC authorized farmers' markets & farm stands

Kirkland Service Inc

Monica's Produce

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Lane County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 40%
Statewide 38%

Women, infants and children served

Total: 13,790

Infants and children under 5 9,661

Pregnant, breastfeeding and postpartum women 4,129

WIC moms who start out breastfeeding

91.7%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$4.62 million

Dollars to farmers..... \$28,360

WIC families in your county

Number of families served 5,464

Working families 61%

WIC households with at least one working family member

Families living in poverty..... 57%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Lane County

2009 WIC Facts

WIC agencies & sites:

Lane County WIC Program

Clinic sites

Eugene
Florence
Cottage Grove
Oakridge

WIC authorized grocery stores

Albertsons
B & R Market
Bright Oak Meats
Cg Market
Community Market
Fred Meyer
Get-N-Go Grocery
Harbick's Country Store
Horton Market
Market Of Choice
Plaza Latina Supermarket

Randy's Riverview Market
Ray's
Red Apple Market
Red Barn Natural Grocery
Rite Aid
Safeway
Save-A-Lot
Walgreens
Wal-Mart Supercenter
Winco



Lane County

2009 WIC Facts

WIC authorized farmers' markets & farm stands

Berg's Berries & Organic Produce	Organic Farmers Market
Brice Creek Craft	Patton's Country Gardens
Bush's Fern View Farms	Paula's Plantation
Cinco Estrellas Farm	Ramblin Ewe Farms/Ziniker Orchard
Circle H Farm	River Bend Farm
Coburg Hillview Farm	Ruby & Amber's Organic Oasis
Cottage Grove Growers' Market	Saturn Farm
Creative Growers	Shady Oaks
Creswell Farmers' Market	Slo Farm
Crossroads Farm	Slusher's
Eagle Mountain Farm	Springfield Farmers' Market
Eden Valley Farm	Sweet Things by Arlene
Florence Old Town Market	Sweetleaf
Food For Lane County Youth Farm	Sweetwater Farm & Nursery
Grateful Harvest Farm	The Rainbow Farm
Greenfields Farm	Thistledown Farm
Groundwork Organic Farm	TJ's Big Horse Farm LLC
Hansen's Coast Fork Farms	Valley in the Clouds Farm
Hentze Farm	Veneta Downtown Farmers' Market
Herrick Farms	Wintergreen Farm
Hey Bales! Farm	
Hoelburg Winzel Farm	
Horton Road Organics	
Johnson Vegetable Farms	
Lane County Saturday Farmers' Market	
Lane County Thursday Farmers' Market	
Lane County Tuesday Farmers' Market	
Lone Pine Farms	
Lonesome Whistle Farm LLC	
Maready's Acre	
Me & Moore	

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Lincoln County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 56%
Statewide 38%

Women, infants and children served

Total: 2,365

Infants and children under 5 1,667
Pregnant, breastfeeding and postpartum women 698

WIC moms who start out breastfeeding

88.6%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$881,741
Dollars to farmers.....\$4,628

WIC families in your county

Number of families served 1,038

Working families 68%
WIC households with at least one working family member

Families living in poverty..... 67%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Lincoln County

2009 WIC Facts

WIC agencies & sites:

Lincoln County WIC Program

Clinic sites

Newport

Lincoln City

WIC authorized grocery stores

Fred Meyer

Jc Market

Jc Thriftway

Kenny's Iga Foodliner

Lincoln Beach Sentry

Noel's Market

Price N Pride

Ray's

Rite Aid

Safeway

Walgreens

WIC authorized farmers' markets & farm stands

Anna's Falls

Barking Dog Farms

Blue Heron Farm

Lincoln City Farmers' & Crafters'
Market

Newport Saturday Farmers'
Market

Rain Forest Mushroom Co.

RoosterPlow Farm

Seeds of Oregon - Kauffman
Farms

The Salad Farm

Walker Farms of Siletz

Yachats Farmers' Market

Yachats Riverside Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Linn County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 44%
Statewide 38%

Women, infants and children served

Total: 6,418

Infants and children under 5 4,689
Pregnant, breastfeeding and postpartum women 1,729

WIC moms who start out breastfeeding

86.9%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$2.33 million
Dollars to farmers..... \$11,692

WIC families in your county

Number of families served 2,667
Working families 56%
WIC households with at least one working family member
Families living in poverty..... 64%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Linn County

2009 WIC Facts

WIC agencies & sites:

Linn County WIC Program

Clinic sites

Albany

Lebanon

Sweet Home

Harrisburg

WIC authorized grocery stores

Albertsons

Dari-Mart

Fred Meyer

Halsey Select Market

Mega Foods

Mill City Marketplace

Ray's

Rite Aid

Safeway

Save-A-Lot

Scio Hometown Market

Sweet Home Thriftway

Walgreens

Wal-Mart Supercenter

WIC authorized farmers' markets & farm stands

Adair Orchards

Albany Helping Hands Garden

Amanda's Farm

Anita Family Produce

Ank-Lamb Acres

Backyard Garden

Bob's Blueberry Hill Farm

Brownsville Farmers' Market

Calapooia Crossing

Calapooia Food Alliance

Casteen Family Farm

Cherry Acres

Childers Raspberry Farm

Cottage Garden

Cox Creek Nursery & Produce

Deep Roots Farm

Detering Orchards

DJ Farm & Produce

Fireman Family Farm

Grandpa's Fresh Market

H&S Farms

Harvest Home Gardens

Howard Farm

James Howells

John Mosso

KB Plantworld

Khae Saetern Family Farm

La Terra Vita

LaMancha Ranch

Marler Family Farm

Matt-Cyn Farms

McKinney

Mountain Fresh LLC

Nelson Farms

Penny Roberts

Peoria Garlic Farm

Persephone Farm

Queener Fruit Farm

Rasmussen Produce

Red Hat Melons

Salmon Brook Farms

Shenk

Springhill Farm

Sunflower Hill Farm

Sweet Home Farmers Market

Sweetwell Farm

The Community Garden

The Mushroomery

Timberwolf Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Malheur County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 57%
Statewide 38%

Women, infants and children served

Total: 2,682

Infants and children under 5 1,991

Pregnant, breastfeeding and postpartum women 691

WIC moms who start out breastfeeding

85.2%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$1.09 million

Dollars to farmers.....\$6,984

WIC families in your county

Number of families served 1,164

Working families 87%

WIC households with at least one working family member

Families living in poverty..... 63%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Malheur County

2009 WIC Facts

WIC agencies & sites:

Malheur County WIC Program

Clinic sites

Ontario

Nyssa

Vale Clinic

WIC authorized grocery stores

Adrian Market

Albertsons

Logans Market

M & W Market

Red Apple Marketplace

Rite Aid

Wal-Mart Supercenter

WIC authorized farmers' markets & farm stands

Park Produce

Purdum's Produce (Fruitland, Idaho)

R. Beavers Nursery LLC

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Marion County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 54%
Statewide 38%

Women, infants and children served

Total: 25,338

Infants and children under 5 18,113
Pregnant, breastfeeding and postpartum women 7,225

WIC moms who start out breastfeeding

88.4%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$8.73 million
Dollars to farmers..... \$59,678

WIC families in your county

Number of families served 10,712

Working families 72%
WIC households with at least one working family member

Families living in poverty..... 54%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Marion County

2009 WIC Facts

WIC agencies & sites:

Marion County WIC Program

Clinic sites

Salem

Satellite Hospital Clinic - Salem

Stayton

Woodburn

Silverton

WIC authorized grocery stores

Albertsons

Aumsville Iga

Bauman Farms

Broadway Mart

E Z Orchards Farm Market

El Torito Market

Fred Meyer

Jacks Family Market

Jefferson Hometown Market

Lake Detroit Market

Lind's Gervais Market

Mega Foods

Rite Aid

Roths

Safeway

Salem Food 4 Less

Su Casa Imports

Walgreens

Wal-Mart Supercenter

Winco



Marion County

2009 WIC Facts

WIC authorized farmers' markets & farm stands

AMR Farms LLC	Laube Farms/Greens Bridge Gardens	White's Produce
Anderson Hydroponics	Lone Elder Farms LLC	Zorn Farms
Andrade	Martinez Family Farms	
Aunt Klara's Best	Martinez Inc	
Austin Farm	Minto Island Growers LLC	
Bauman Farms	Nanneman Farms	
Berry Patch	Nature's Fountain	
Big B Farm, Inc	Nikko Farms	
Botanical Garden Flower	Northwest Berries	
Butterfly Flowers	Osmo Gaia	
Cannon Farm	Raymond Kuenzi Farm	
D. A. Nusom Orchards	Rick Johnson Farm	
E.Z. Orchards Farm Market	Riley & Sons Oregon Blueberries	
Efimoff Family Berry Farm	Rock Creek Farm	
Fir Point Farms/Your Country	S&C Flowers and Produce	
Escape LLC	Salem Saturday Market	
Forster's Blueberry Hill	Salem Wednesday Farmers' Market	
French Prairie Gardens	Salsa Garden	
Fresh to You Produce & Garden Center LLC	Schaefer Farm	
Gardenripe	Schlechter Farms, Inc.	
Gateway Farm	Silverton Farmers' Market	
Happy Harvest Farms	Six Acre Garden- Division of	
Harpoles	Loyd Fery Farms, LLC	
Harris Farm	Sonnen Farm	
Hassings Farms LLC	Steffen Farm Fresh Market	
Haury Farms	Sterling Flowers, Inc.	
Humming Bird Flowers	Stuart Olson Farms, Inc.	
Ingrids Farm	Sun Sweet Flower Farm	
Ivanov Gardens	Sunny Garden	
Jones Farm Produce	Sunnyview Farms LLC	
Koch Family Farm	The Berry Lady	
Kraemer's Farm Fresh Market	Valley Berry Farm	
Kristen Hamberger	Valley Flower Garden LLC	
Krivoshain Farm	Western Oregon Organic Farms	

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Multnomah County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 34%
Statewide 38%

Women, infants and children served

Total: 31,101

Infants and children under 5 21,570
Pregnant, breastfeeding and postpartum women 9,531

WIC moms who start out breastfeeding

88.4%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$11.2 million
Dollars to farmers..... \$66,516

WIC families in your county

Number of families served 12,981
Working families 64%
WIC households with at least one working family member
Families living in poverty..... 59%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Multnomah County

2009 WIC Facts

WIC agencies & sites:

Multnomah County WIC Program

Clinic sites

Gateway Clinic

Multnomah County East

Northeast Health Center

WIC authorized grocery stores

Albertsons

Barbur World Foods

Cdrc - Ohsu

Fred Meyer

Growers Outlet

La Tapatia Market

Morrow Brothers Produce Market

New Seasons

Nu-Rite Way Food Center

Portland Food 4 Less

Providence Home Services

Qfc

Rite Aid

Safeway

Save-A-Lot

Su Casa Imports

Tortilleria Y Tienda Deleons

Walgreens

Wal-Mart Supercenter

Winco



Multnomah County

2009 WIC Facts

WIC authorized farmers' markets & farm stands

Asian Garden	Mai's Produce	Troutdale Farmers' and Artists' Market
Blueberry Hill Farms	Mavdav Farm	Van Dyke Farms
Cereghino Farms	MC Farm	Vasile & Ana Moisiuc
Chia Vang	Montavilla Farmers' Market	Wealth Underground Farm
Clackamas Sunnyside Grange Farmers' & Artists Market	Moreland Farmers' Market	Windance Farms
Condon Community Farmer's Market	Morrow Brothers Produce Market	Winters Farms
Don's Apples	Mt. Hood Organic Farms	
Fairview Farmers' & Artists' Market	Multnomah Village Farmers' Market	
Farmers Outlet	OHSU Farmers' Market	
Food Works	Parkrose Farmers' Market	
Friends of Zenger Farm	People's Farmers' Market	
Fujii Farms Inc	Phelps Blueberries	
G.M. Farms	PM Farms	
Generations Farm	Portland Farmers' Market - Sunday	
Giusto Farms	Portland Farmers' Market at EcoTrust	
Great River Farm	Portland Farmers' Market Downtown	
Greg's Gardens	Portland Farmers' Market Eastbank	
Gresham Farmers' Market	Portland Farmers Market, Portland State University	
Growers Outlet	Red Truck Farms LLC	
Happy Moment Farm	Ron Spada U.P. Farms	
Hartnell Farms	Sauvie Island Farms	
Hayat Farm	Sherwood Orchards	
Hillsdale Farmers' Market	St. Johns Farmers' Market	
Hmong Farm	Sturm's Berry Farm Inc.	
Holbrook Farm	Sylvan Valley Acres	
Hollywood Farmers' Market	Tenino Farms	
Interstate Farmers' Market	The Barn (Trapold Farm Inc.)	
Justy's Produce & Flowers	The Pumpkin Patch	
Kruger's Farm Market		
Leach Garden Friends		
Lents International Farmers' Market		
Lloyd Farmers' Market		

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Polk County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 44%
Statewide 38%

Women, infants and children served

Total: 2,334

Infants and children under 5 1,711

Pregnant, breastfeeding and postpartum women 623

WIC moms who start out breastfeeding

89.2%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$844,455

Dollars to farmers.....\$4,236

WIC families in your county

Number of families served 923

Working families 71%

WIC households with at least one working family member

Families living in poverty..... 56%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Polk County 2009 WIC Facts

WIC agencies & sites:

Polk County WIC Program

Clinic sites

Dallas

Independence

WIC authorized grocery stores

A & N Home Town Grocery

Dallas Market

Grand Ronde Shopping Center

Mootharts Market

Rite Aid

Roths

Safeway

Waremart

WIC authorized farmers' markets & farm stands

Airlie Hills Farm

Aspinwall's Produce

Buona Terra Farm

Cherry Country

Country Orchard

Country Pantry & Nursery

Daum's Produce Farm

Firstfruits Farm

Gabino Bermudez

Green Villa Farm Fresh Produce

Greg Hattan Produce

Independence Farmers' Market

Jim Gardner Farms

K & J Farms

Kings Valley Gardens

Labyrinth Gardens

Luckiamute Land LLC

Mike Tish Farms

Noteboom Orchards

Oak Villa Farm

Pitchfork & Crow

Polk County Farmers' Market

Salem Public Market

Sundance Lavender Farm

TDM Acres Herb Farm

Teal Creek Farms

Walton Garden

Willamette Valley Produce

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Salud

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 50%
Statewide 38%

Women, infants and children served

Total: 15,730

Infants and children under 5 11,295
Pregnant, breastfeeding and postpartum women 4,435

WIC moms who start out breastfeeding

90.8%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$5.87 million
Dollars to farmers..... \$38,044

WIC families in your county

Number of families served 6,850
Working families 78%
WIC households with at least one working family member
Families living in poverty..... 55%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.



Salud

2009 WIC Facts

WIC agencies & sites:

Salud WIC Program

Clinic sites

McMinnville

Newberg

Salem

Woodburn

WIC authorized grocery stores

Albertsons

Aumsville Iga

Bauman Farms

Broadway Mart

Daboys Carlton Market

E Z Orchards Farm Market

El Torito Market

Fred Meyer

Jacks Family Market

Jefferson Hometown Market

Lake Detroit Market

Lind's Gervais Market

Mega Foods

Naps Thriftway

Putts Market

Rite Aid

Roths

Safeway

Salem Food 4 Less

Sheridan Select Market

Su Casa Imports

T & Es General Store

Walgreens

Wal-Mart Supercenter

Willamina Thriftway

Winco



Salud

2009 WIC Facts

WIC authorized farmers' markets & farm stands

ABT	Hassings Farms LLC	Schindler Farms
AMR Farms LLC	Haury Farms	Schlechter Farms, Inc.
Anderson Hydroponics	Holbrook Farms	Silverton Farmers' Market
Andrade	Humming Bird Flowers	Six Acre Garden- Division of
Aunt Klara's Best	Ingrids Farm	Loyd Fery Farms, LLC
Austin Farm	Ivanov Gardens	Sonnen Farm
Baird Family Orchards	Jones Farm Produce	Steffen Farm Fresh Market
Bauman Farms	Koch Family Farm	Stephens Farm
Bernards Farm	Kraemer's Farm Fresh Market	Sterling Flowers, Inc.
Berry Patch	Kristen Hamberger	Stuart Olson Farms, Inc.
Big B Farm, Inc	Krivoshein Farm	Sun Sweet Flower Farm
Blue Raeven Farms	Laube Farms/Greens Bridge	Sunny Garden
Botanical Garden Flower	Gardens	Sunnyview Farms LLC
Butterfly Flowers	Lone Elder Farms LLC	The Berry Lady
Cannon Farm	Lukas Farm	Valley Berry Farm
Chehalem Mt. Fruit &	Martinez Family Farms	Valley Flower Garden LLC
Nut/Ziegler-Olsen Farms, Inc.	Martinez Inc	Western Oregon Organic Farms
D. A. Nusom Orchards	McMinnville Farmers' Market	White's Produce
E.Z. Orchards Farm Market	Minto Island Growers LLC	Zorn Farms
Efimoff Family Berry Farm	Monagon Blueberry Farm	
Farmer John's Produce &	Nanneman Farms	
Nursery	Nature's Fountain	
Fir Point Farms/Your Country	Nikko Farms	
Escape LLC	Northwest Berries	
Firestone Farms	Osmo Gaia	
Forster's Blueberry Hill	R Henry Farm	
French Prairie Gardens	Raymond Kuenzi Farm	
Fresh to You Produce & Garden	Rick Johnson Farm	
Center LLC	Riley & Sons Oregon Blueberries	
Gaining Ground Farm	Rock Creek Farm	
Gardenripe	S&C Flowers and Produce	
Gateway Farm	Salem Saturday Market	
Growing Wild Farm	Salem Wednesday Farmers'	
Happy Harvest Farms	Market	
Harpoles	Salsa Garden	
Harris Farm	Schaefer Farm	

Contact Oregon WIC

Telephone: 971-673-0040
 TTY: 1-800-735-2900
 Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Tillamook County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 45%
Statewide 38%

Women, infants and children served

Total: 1,173

Infants and children under 5 854

Pregnant, breastfeeding and postpartum women 319

WIC moms who start out breastfeeding

85.8%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$416,552

Dollars to farmers.....\$2,536

WIC families in your county

Number of families served 467

Working families 60%

WIC households with at least one working family member

Families living in poverty..... 49%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Tillamook County

2009 WIC Facts

WIC agencies & sites:

Tillamook County WIC Program

Clinic sites

Tillamook

Cloverdale

Rockaway Beach

WIC authorized grocery stores

Food Basket Market Place

Fred Meyer

Manzanita Fresh Foods

Mohler Co-Op Store

Pc Hometown Market

Rockaway Beach Market

Safeway

WIC authorized farmers' markets & farm stands

Bear Creek Artichokes

DeNobles Farm Fresh Produce

Don's Waterfall Farms

Kingfisher Farms

Manzanita Farmers' Market

Megan's Backyard Produce

Red Alder Farm

Tillamook Farmers' Market

Valley Fresh Produce

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Umatilla-Morrow Headstart

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 46%
Statewide 38%

Women, infants and children served

Total: 7,249

Infants and children under 5 5,193
Pregnant, breastfeeding and postpartum women 2,056

WIC moms who start out breastfeeding

82.8%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$2.65 million
Dollars to farmers..... \$11,080

WIC families in your county

Number of families served 3,053
Working families 75%
WIC households with at least one working family member
Families living in poverty..... 52%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Umatilla-Morrow Headstart

2009 WIC Facts

WIC agencies & sites:

Umatilla-Morrow Headstart WIC Program

Clinic sites

Hermiston

Milton - Freewater

Pendleton

Umatilla

Arlington

Boardman

Condon

Fossil

Heppner

WIC authorized grocery stores

Albertsons

B & C Grocery

Columbia Harvest Foods

Fiesta Foods Of Hermiston

Ione Market

Mercado Los Gavilanes

Pilot Rock Market

Rite Aid

Safeway

Stanfield's Main St Market

Two Boys Meat & Grocery

Wal-Mart Supercenter

WIC authorized farmers' markets & farm stands

A2 Farming

Bellinger Farms

Benson Farm

Blue Mountain Growers

Bob Walchli Farms - Hermiston

Melon Co

Crafton Farms

Craig F Coleman Inc

Finley's Fresh Produce

Gala Springs

Giannakopoulos Farm

Heart of Gold

Hermiston Farmers Market

IKO Farms

Ikonomou (IKO Farms)

John Zerba

Kathy Jones

Key Farms

M & D Farms

Patrick Walchli Farm

Peach Blossom Orchard

Pendleton Farmers' Market

The Blues' Berry Farm

Waliser Farms

Waliser's Fruit Stand

Young's Orchard & Fruit Stand

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Union County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 50%
Statewide 38%

Women, infants and children served

Total: 1,488

Infants and children under 5 1,080
Pregnant, breastfeeding and postpartum women 408

WIC moms who start out breastfeeding

84.9%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$545,726
Dollars to farmers.....\$2,132

WIC families in your county

Number of families served 599
Working families 53%
WIC households with at least one working family member
Families living in poverty..... 66%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Union County

2009 WIC Facts

WIC agencies & sites:

Union County WIC Program

Clinic sites

Center for Human Development - La Grande

WIC authorized grocery stores

Albertsons

Elgin Corner Market

Elgin Food Town

Evans Corner

Jay Dees Market

Oak Street Shell

Rite Aid

Safeway

Union Market

Wal-Mart Supercenter

WIC authorized farmers' markets & farm stands

Arrowleaf Farms

Boehne Farms

Cherrie Grove Orchard

Grammy's Gardens

Green Spaces

Gregory

LaGrande Farmers' Market

LaGrande Tuesday Farmers'
Market

Mt. Emily Orchard

Pd Farm

Scotty's Produce

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Walla Walla County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 41%
Statewide 38%

Women, infants and children served

Total: 244

Infants and children under 5 182
Pregnant, breastfeeding and postpartum women 62

WIC moms who start out breastfeeding

100.0%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$79,966
Dollars to farmers.....\$212

WIC families in your county

Number of families served 103

Working families 59%
WIC households with at least one working family member

Families living in poverty..... 62%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





Wallaqua County

2009 WIC Facts

WIC agencies & sites:

Wallaqua County WIC Program

Clinic sites

Enterprise

WIC authorized grocery stores

Mt Joseph Family Foods
Safeway
The Dollar Stretcher

Wallaqua Food City

WIC authorized farmers' markets & farm stands

Backyard Gardens
Double Eddy Farm
Enterprise Farmers' Market
Imnaha Orchards
Wallaqua County Community
Farmers' Market

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



North Central Public Health District

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 55%
Statewide 38%

Women, infants and children served

Total: 1,797

Infants and children under 5 1,277

Pregnant, breastfeeding and postpartum women 520

WIC moms who start out breastfeeding

91.7%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$598,913

Dollars to farmers.....\$3,556

WIC families in your county

Number of families served 754

Working families 68%

WIC households with at least one working family member

Families living in poverty..... 59%

Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...

Improving the lifelong health and nutrition of Oregon families





North Central Public Health District

2009 WIC Facts

WIC agencies & sites:

North Central Public Health District WIC Program

Clinic sites

The Dalles

Rufus Clinic

Tygh Valley Clinic

WIC authorized grocery stores

Fred Meyer

Graves Market

Rite Aid

Safeway

Walgreens

WIC authorized farmers' markets & farm stands

Elena & Dave Bandel-Ramirez

Forrest Evans Orchard

Frank Polehn

Idiots Grace

J & K Growers

Justin & Kristen Carlson

Kinsey Orchard

Magill Ranch

Maupin Farmers' Market

Polehn Farms Inc.

Renken Farms

Root Orchard

Sandoz Farm

Seed to Table Farm

Sunny Daze Farm

The Dalles Farmers' Market

Zion Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Washington County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 26%
Statewide 38%

Women, infants and children served

Total: 20,967

Infants and children under 5 14,877
Pregnant, breastfeeding and postpartum women 6,090

WIC moms who start out breastfeeding

94.4%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$7.31 million
Dollars to farmers..... \$50,348

WIC families in your county

Number of families served 9,027
Working families 74%
WIC households with at least one working family member
Families living in poverty..... 57%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





Washington County

2009 WIC Facts

WIC agencies & sites:

Washington County WIC Program

Clinic sites

Hillsboro

Beaverton

Tigard

WIC authorized grocery stores

Albertsons

Bales Marketplace Thriftway

El Sol Latino

Fred Meyer

Gaston Supermarket

Grande Foods

Haggen Foods

Hank's Thriftway

Jim's Thriftway

Lamb's Thriftway

New Seasons

Qfc

Rite Aid

Safeway

Su Casa Imports

Walgreens

Winco



Washington County

2009 WIC Facts

WIC authorized farmers' markets & farm stands

"B" Street Farm (Nicolas Amaro)
Aloha Hills LLC dba Colorful
Crops
Artisan Organics
Ayers Creek Farm
Baggenstos Farm Store Inc.
Beaverton Farmers' Market
Beaverton Wednesday Farmers
Market
Blue Darter
Cedar Mill Farmers' Market
Crawford's Nursery & Produce
Dairy Creek Farm
Dudonis Farms
Duyck Family Farms
Duyck's Peachy-Pig Farm
Evans Blueberries
Forest Grove Farmers' Market
Fruithill
Gales Meadow Farm
Grammar's Place
Greenville Farms
Hill Tree Farm
Hillsboro Farmers' Market
Hillsboro Farmers' Market at
Orengo Station
Hillsboro Tuesday Marketplace
Hoffman Farms Store
Hubrich Farms
Lolich's Family Farm
Mason Hill Orchard
Mike & Debbie's Produce
Oregon Heritage Farms
Our Little Farm & Nursery
Peak Forest Fruit
Price Right Nursery & Produce

Pruitt's Farm Stand Inc.
Rainy Way Farm
Ray's Produce
Sacred Organics
Sarvela Orchards
Sherwood Saturday Market
Smith Berry Barn
Sosa Farms
Springbank Farm
Square Peg Farm
Stillwater Farms
SunGold Farm DBA Vicki's
Flowers & Produce
Thompson Farms
Three D Ranch
Tigard Area Farmers' Market
Tualitan Valley Garden Club
Unger Farms, Inc.
West Union Gardens
Wild Berry Organics

Contact Oregon WIC

Telephone: 971-673-0040
TTY: 1-800-735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Yamhill County

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 22%
Statewide 38%

Women, infants and children served

Total: 6,292

Infants and children under 5 4,518
Pregnant, breastfeeding and postpartum women 1,774

WIC moms who start out breastfeeding

91%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$2.94 million
Dollars to farmers..... \$19,022

WIC families in your county

Number of families served 2,740
Working families 78%
WIC households with at least one working family member
Families living in poverty..... 55%
Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.



Yamhill County

2009 WIC Facts

WIC agencies & sites:

Yamhill County WIC Program

Clinic sites

McMinnville

Newberg

WIC authorized grocery stores

Albertsons

Daboys Carlton Market

El Torito Meat Market

Fred Meyer

Nap's Thriftway

Putt's Market

Rite Aid

Roths

Safeway

Sheridan Select Market

T & E's General Store

Walgreens

Willamina Thriftway

Winco

WIC authorized farmers' markets & farm stands

ABT

Baird Family Orchards

Bernards Farm

Blue Raeven Farms

Cehalem Mt. Fruit &

Nut/Ziegler-Olsen Farms, Inc.

Farmer John's Produce &

Nursery

Firestone Farms

Gaining Ground Farm

Growing Wild Farm

Holbrook Farms

Lukas Farm

McMinnville Farmers' Market

Monagon Blueberry Farm

R Henry Farm

Schindler Farms

Stephens Farm

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.



Gilliam and Wheeler Counties

2009 WIC Facts

DHS Public Health Division, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant women served by WIC

County 26%
 Statewide 38%

Women, infants and children served

Total: 51

Infants and children under 5 37
 Pregnant, breastfeeding and postpartum women 14

WIC moms who start out breastfeeding

86.8%

WIC and the Farm Direct Nutrition Program benefit your local economy

Dollars to grocery stores \$18,427
 Dollars to farmers.....\$82

WIC families in your county

Number of families served 22
Working families 74%
 WIC households with at least one working family member
Families living in poverty..... 53%
 Families of WIC clients with income at or below the federal poverty level (\$1,467 per month for a family of 3)

WIC services in your county

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

Fresh Choices for Oregon Communities

Updating the WIC Food Package

Fruits, vegetables and whole grains were added to the list of WIC authorized foods for the first time in the program's history. These healthy changes align with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines from the American Academy of Pediatrics.

Other positive changes implemented in August 2009 include:

- Lower fat milk for adults and children 2 and older,
- Soy beverage alternatives for participants who cannot tolerate cow's milk, and
- Baby food fruits and vegetables instead of juice for infants.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





Gilliam and Wheeler Counties **2009 WIC Facts**

WIC agencies & sites:

Gilliam and Wheeler Counties WIC Program

Clinic sites

The Dalles (NCPHD)

Hermiston (UMHS)

WIC authorized grocery stores

Fossil General Mercantile

Spray General Store

Thrifty Food Center

Wheeler County Trading Co

WIC authorized farmers' markets & farm stands

Sally Potter

Contact Oregon WIC

Telephone: 971-673-0040

TTY: 1-800-735-2900

Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call 971-673-0040.

WIC is an equal opportunity program and employer.