

WIC has openings to serve more families.

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

WIC participants must:

- Live in Oregon.
- Be a pregnant, postpartum or breastfeeding woman, an infant or a child under 5 years old.
- Have a household income less than 185% of poverty guidelines. (Recipients of SNAP (food stamps), OHP, or TANF are income-eligible.)
- Have a nutritional need or risk.

People on WIC get:

- Answers to their nutrition questions.
- Nutritious foods like whole grains, fruits and vegetables, beans, peanut butter, eggs, cheese, milk, juice, and more.
- Breastfeeding help.
- Help getting other services.

WIC has room to serve **60** more families. Please help spread the word.

Share the WIC experience with someone else that might benefit from WIC.



Lincoln County Health & Human Services WIC Program

Newport

36 SW Nye Street
Between the post office and the library
(541) 265-4163
Open Monday-Friday 8-5
Walk-ins: 1-2 pm daily

Lincoln City

4422 NE Devils Lake Boulevard, Suite 2
Next to the DMV
(541) 265-0578
Tuesday, Wednesday, Thursday 8-12, 1-5
Walk-ins: 3-3:30 Tues., Wed., and Thurs.

Services provided in English and Spanish at both locations.

Call our office to get the income guidelines for eligibility.

For instance, a household size of 3 qualifies with a monthly income up to \$3,098.



Public Health
Prevent. Promote. Protect.

Lincoln County

WIC is an equal opportunity program and employer.