

WHAT ARE WIC FOODS?

- Milk
- Cheese
- Eggs
- Dried beans or peas
- Fruits
- Vegetables
- Baby food
- 100% Fruit Juice
- Peanut butter
- Cereal
- Whole wheat bread, corn tortillas or brown rice
- Canned Fish

SHOPPING IS EASY

WIC shopping trips are fast and easy with the eWIC card. With this card you can buy WIC foods as you need them. You don't even need to separate your WIC purchases at most stores. Just tell the cashier you are using your WIC card or WIC app!

LEARN MORE!

- Call 211
- Text HEALTH to 898211

If you need this information in large print or in an alternative format, please call 971.673.0040 or TTY 800.735.2900. This institution is an equal opportunity provider.



Visit healthoregon.org/wic, fill out our WIC Interest Form and we'll be in touch!

AFTER HOURS MEDICAL NURSING
TELEPHONE ADVICE: 541.966.9830

Our vision is to aid our Tribal community to achieve optimal health through a culture of wellness. It is our mission to empower our Tribal community with opportunities to learn and experience healthy lifestyles.



CONTACT US

46314 Timine Way | PO Box 160
Pendleton, OR 97801
Main Line: 541.966.9830
www.yellowhawk.org

WIC COORDINATOR
541.240.8521

Callers with life-threatening emergencies, call 911 or visit the nearest emergency room immediately. When Yellowhawk is closed, service providers available are urgent care clinics located in the local or surrounding area.

For after hours assistance with a **mental health** crisis, please call 988 or contact Community Counseling Solutions at 541.240.8030 or text HELLO to 741741

Suicide and Crisis Lifeline

988



YELLOWHAWK
TRIBAL HEALTH CENTER

HERE TO HELP.
Healthy Foods.
Healthy Kids.
Healthy Families.

HEALTHOREGON.ORG/WIC

ABOUT WIC

WOMEN, INFANTS & CHILDREN (WIC)

WIC is a public health nutrition program serving Oregon families.

WIC is all about healthy moms, babies, kids, and families. If you are pregnant, breastfeeding, or have a child under 5, WIC could be for you!

WIC PROVIDES

- Benefits to buy healthy foods like whole grains, milk, fruits and vegetables.
- Help with your questions about nutrition, exercise, feeding your children, prenatal care and so much more!
- Breastfeeding education and support.
- Breast pumps for eligible moms.
- Classes on a variety of health, nutrition and parenting topics.
- Information and connections to other services in your community.
- Free health screenings.



AM I ELIGIBLE?

TO GET HELP FROM WIC, YOU MUST:

- Live in Oregon
- Be a pregnant, postpartum, or breastfeeding woman, or a child under 5 years old.
 - *If you are a dad, grandparent, foster parent, or legal guardian of a child under 5, you can apply.*
- Have a nutritional need, AND
- Meet the WIC income guidelines.
 - You also qualify if you receive TANF, SNAP or OHP.

OREGON WIC PROGRAM INCOME ELIGIBILITY CRITERIA EFFECTIVE JULY 1, 2024

Current WIC Income Guidelines can be found at www.healthoregon.org/wic
The WIC income standard is 185% of the federal poverty level.

Number of Person(s) in Household	Annual	Monthly	Twice Per Week	Every 2 Weeks	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728
3	\$47,767	\$3,981	\$1,991	\$1,838	\$919
4	\$57,720	\$4,810	\$2,405	2,220	\$1,110
5	\$67,673	\$5,640	\$2,820	\$2,603	\$1,302
6	\$77,626	\$6,469	\$3,235	\$2,986	\$1,493
7	\$87,579	\$7,299	\$3,650	\$3,369	\$1,685
8	\$97,532	\$8,128	\$4,064	\$3,752	\$1,876
Each additional household member add:	+\$9,953	+\$830	+\$415	+\$383	+\$192

HOW DO I APPLY?

- 1 Make an appointment with your local WIC program at Yellowhawk. They will advise you what you need to bring to your first appointment.
- 2 During your WIC visit your program coordinator will:
 - Check to see if you qualify.
 - Check your child's growth.
 - Talk about your family's health and diet needs.
 - Answer any questions you have about WIC.
 - Tell you about other programs and resources that may be able to help you.
 - Give you an eWIC card to buy WIC approved foods.

