

## Health and Human Services - Public Health WIC - Women, Infants and Children Nutrition Program

WIC provides nutrition education and food supplements to low-income pregnant or breast-feeding women, and to infants and children up to age 5 with medical/nutritional risk factors. WIC also screens children for dietary concerns, iron deficiency and growth concerns.

Services are available to Oregon residents who are pregnant or postpartum women, infants and children under 5 years of age, who have a nutritional need and meet income guidelines. Mothers, fathers, guardians or foster parents may apply for WIC for their children. If you currently receive TANF, Food Stamps or the Oregon Health Plan, you are automatically income eligible.

Our services are available regardless of age, race, color, sex, religion, national origin, physical or mental disability, sexual orientation, gender identity, and marital status.

Lane County Public Health facilities are wheelchair accessible. Public Health materials are available in alternative formats; such as large print, Braille, and other languages, upon request.

Phone: 541-682-4202

Supervisor: Connie Sullivan



### Services Include:

- breastfeeding help and breast pumps for some moms
- nutrition counseling
- referrals to other community resources
- vouchers with the following foods:
  - milk
  - juice
  - cheese
  - whole grain bread
  - eggs
  - dried beans/peas
  - infant formulas
  - corn tortillas
  - cereal
  - peanut butter
  - fruits & vegetables
  - brown rice
- Extra foods for mom's who are exclusively breastfeeding their infants, infant formula for moms who are not breastfeeding.

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### Eugene

151 W 7th Avenue Room 210  
Eugene OR 97401  
541-682-4202 - for information and appointment  
Monday: 8:00 am – 6:30 pm  
Tuesday-Friday: 8:00 am to 5:00 pm

### Florence

Nazarene Church  
1536 12<sup>th</sup> Street  
Florence, OR 97439  
541-682-4202 - for information and appointment  
3<sup>rd</sup> Wednesday of every month  
9:45 am - 12:00 noon and 1:00 pm - 3:30 am

### Cottage Grove

DHS Office  
305 Coop Court  
Cottage Grove OR 97424  
541-682-4202 - for information and appointment  
2<sup>nd</sup> and 3<sup>rd</sup> Thursday of every month  
9:30 am - 12:00 noon and 1:00 pm - 3:45 pm

### Oakridge

Willamette Activity Center  
47674 School Street  
Oakridge, OR 97463  
541-682-4202 - for information and appointment  
3<sup>rd</sup> Friday of January, April, July and October  
9:45 am - 12:00 noon and 1:00 pm - 3:30 am