



Washington County WIC A Guide for Community Partners



Why Refer Your Clients to WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) gives families the services, support, and education they need to eat right, have a healthy pregnancy, breastfeed successfully and raise thriving kids.

Who Can Qualify?

- Pregnant or Breastfeeding Women
- Women who have had a baby in the last six months
- Infants
- Children up to their 5th birthday
- Foster children

Income Eligibility Guidelines

WIC is open to many incomes and families. Applicants on OHP, TANF, or SNAP already meet the income eligibility guidelines for WIC. Applications not on these programs may still qualify for WIC by meeting the income guidelines for their household. Households with incomes up to 185% of the federal poverty level are eligible.

# of Household Members	Gross Monthly Household Income	Gross Weekly Household Income
1	\$1,926	\$445
2	\$2,607	\$602
3	\$3,289	\$759
4	\$3,970	\$917
5	\$4,652	\$1,074
6	\$5,333	\$1,231

*A pregnant woman's household is increased by the number of infants she is expecting.

Partner Resources

WIC is working together with partners to improve the health of Washington County families. Visit the Community Partners page on WashingtonCountyWIC.com for resources.

What to Expect at the First WIC Appointment

Applicants will need to bring:

1. Identification for all family members applying for WIC:

- OHP ID card
- Driver's license, Passport
- State, Work or School ID
- Social Security card
- Birth Certificate

2. Proof of income for everyone in the household:

- OHP, SNAP, TANF letter (dated within the same month)
- Paycheck stubs dated within 30 calendar days
- Social Security benefits statement
- Tax return
- Child support
- Foster child/parent placement letter
- Signed letter from employer stating earnings

3. Proof of address:

- Driver's license, State ID
- Current utility bill
- Bank statement
- Rent receipt

WIC works with individuals experiencing homelessness or temporary/transitional housing.

4. Each person applying to WIC

WIC will measure the height and weight and test the hemoglobin (iron) level of each applicant and offer personalized nutrition and/or breastfeeding support.

How Do You Refer Someone to WIC?

Applicants can call **503-846-3555** or email WIC to make an appointment. wic@co.washington.or.us

Applicants should call or visit WashingtonCountyWIC.com for more information and to find their closest WIC clinic.

Organizations can refer to WIC by using the referral form found on our "Community Partners" page at WashingtonCountyWIC.com

WIC Services

Nutrition Education

WIC offers personalized nutrition counseling and education from nutrition experts.

Breastfeeding Support and Education

WIC helps clients reach their breastfeeding goals. Washington County WIC has breastfeeding peer counselors and International Board Certified Lactation Consultants (IBCLCs) who give moms personal attention. Clients may also be eligible for breast pumps from WIC.

Text **MILKMAMA** to **85511** to connect with your breastfeeding peer counselor.

WIC Foods

WIC helps families buy foods that are full of the nutrients needed to grow healthy and strong.

Referrals

WIC connects clients to other health services as well as services for childcare, housing, and education. WIC works as a team to refer clients to you as well.