

# WIC (Women, Infants and Children)

Our [WIC](#) program is a public health nutrition program that provides nutrition and health education, healthy foods and other services for pregnant, postpartum and breastfeeding people, infants and children in Clatsop County. If you are a parent, grandparent, foster parent, or legal guardian of a child under 5, you can apply. WIC gives you the information, tools and support to be the caregiver you want to be.



**For more information**

**Call us 503-338-3637**

or

**Stop by in-person to:**

- **At our Astoria Office:** 820 Exchange St., Suite 100 Astoria  
*Every Monday, Tuesday, Wednesday, Friday*
- **At our Seaside Satellite Clinic:** Bob Chisholm Community Center, 1225 Avenue A, Seaside  
*Every Thursday*

## Who is eligible for WIC?

WIC serves lower-income pregnant, postpartum and breastfeeding people, infants and children under age 5 who have health or nutrition risks. Many working families are part of WIC - 71% of Oregon WIC families are employed.

Applicants must meet four criteria to be eligible for WIC in Clatsop County:

- Live in Clatsop County.
- Be a pregnant, postpartum or breastfeeding person, an infant or a child under 5 years old.
- [Qualify as low-income](#)

- Have a nutritional need or risk.

## What Does WIC Provide?

- Pregnancy and breastfeeding guidance
- Wholesome foods
- Nutrition-focused counseling
- Free health screenings
- Connections to resources
- [Farm Direct Vouchers](#)

All these services are offered at no cost to WIC participants

[More information about how WIC helps](#)

## 2022 OREGON WIC DATA CLATSOP COUNTY PUBLIC HEALTH

### GROWING HEALTHY FUTURES

Participating in WIC supports the long-term health of women, infants, children and families. WIC is proven to support longer pregnancies and positive birth outcomes<sup>1</sup>.

For children, the American Academy of Pediatrics identifies three foundations of healthy child development:

- **Stable, Responsive Relationships**
- **Safe, Supportive Environments**
- **Appropriate Nutrition<sup>2</sup>**

WIC is the premier public health nutrition program and it supports all three of these developmental foundations.

<sup>1</sup> Fingar et al, *Journal of Maternal and Child Health*, 2017    <sup>2</sup> American Academy of Pediatrics, *Policy statement*, 2012



### WHO WE SERVED



**920**

Women, infants and children who participated in WIC

**31%**

of all pregnant women served by WIC

**562**

WIC families served

→

**85%**

are working families

**3 OUT OF 4**

participants are infants and children under five



### BREASTFEEDING

**92%**

WIC moms start out breastfeeding

**33%**

WIC moms breastfeed exclusively for six months



PUBLIC HEALTH DIVISION  
Special Supplemental Nutrition Program for Women, Infants & Children

## 2022 OREGON WIC DATA CLATSOP COUNTY PUBLIC HEALTH

### ECONOMIC BENEFITS OF WIC

#### 8 LOCAL STORES ACCEPTING WIC:

- 3 Independent stores
- 2 Local or regional chains
- 2 National chain stores
- 1 Pharmacy

**\$438,608**  
Total WIC dollars spent  
by participants  
at local stores

#### ALL STORES THAT ACCEPT WIC MUST CARRY:

- At least 8 kinds of fresh fruits and vegetables
- Whole grain products
- Lowfat milk
- Lowfat yogurt
- Canned/dried beans



#### WIC FARM DIRECT NUTRITION PROGRAM

The Farm Direct Nutrition Program (FDNP) provides families with an additional source of nutritious food and education on selecting and preparing fresh produce.

**7**  
PARTICIPATING  
FARMERS  
at local farmers markets  
and farm stands

**\$6,964**  
FDNP dollars paid  
to local farmers

#### WIC CLINIC SITES

Astoria    Seaside

For more details about these numbers, please visit:

<https://www.oregon.gov/OHA/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/annual.aspx>

**503-325-8500**

[www.co.clatsop.or.us/publichealth/page/wic-women-infants-and-children](http://www.co.clatsop.or.us/publichealth/page/wic-women-infants-and-children)

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[Vision / Mission / Annual Report / Data Sheet](#)