



# UMATILLA-MORROW HEAD START, INC. WOMEN, INFANTS, AND CHILDREN (W.I.C.) FACT SHEET



This special nutrition education and supplemental food program provides services to help improve the health of its participating women, infants, and children and to optimize their future health by developing healthy eating habits.

## WHO CAN BE ON THE WIC PROGRAM?

- ❖ Women who are pregnant or breastfeeding.
- ❖ Women who have delivered within the last six months.
- ❖ Infants and children from birth to five years of age.

## WHAT ARE THE QUALIFICATIONS?

- ❖ An income within the WIC income guidelines – 185% of the federal poverty rate.
- ❖ Being a resident of Umatilla, Morrow, Gilliam or Wheeler Counties.
- ❖ Proof of income, identity, and residency must be provided when you are screened for eligibility for WIC services.
- ❖ A nutritional or medical risk which will be reevaluated every six months.

## WHAT SERVICES ARE PROVIDED?

- ❖ Screen for anemia, poor growth patterns, inadequate diet and other health problems and needs.
- ❖ Nutrition counseling and education that relates good nutrition to health and dietary habits.
- ❖ Nutritious foods to improve nutrition related medical problems.
- ❖ Referral to other health or social services when needs are identified.

### Full Time WIC Clinics

- ❖ Pendleton WIC Clinic, 1308 S.W. Emigrant, Pendleton, OR. For appointment information call (541) 966-3354. Clinic hours are 8:00 a.m. to 4:30 p.m., Monday thru Friday.
- ❖ Hermiston WIC Clinic, 110 N.E. 4th St., Hermiston, OR. For appointment information call (541) 667-2545. Clinic hours are 8:00 a.m. to 4:30 p.m., Monday thru Friday.

*Pendleton and Hermiston clinics hold a summer schedule with clinic hours of 7:00 a.m. to 6:00 p.m., Monday thru Thursday, June thru 2<sup>nd</sup> week of August*

- ❖ Milton-Freewater WIC Clinic, 707 E. Broadway, Milton-Freewater, OR. For appointment information call (541) 938-5595. Clinic hours are 7:00 a.m. to 6:00 p.m., Monday thru Thursday. Closed 12:00 p.m. to 1:00 p.m. for lunch.

### Outlying WIC Clinics

Call Hermiston Clinic for appointment information for all outlying WIC clinics. A Toll Free number (1-800-559-5878) is available where a message can be left. WIC staff will return calls as soon as possible. Outlying Clinics are closed 12:15 p.m. to 12:45 p.m. for lunch.

- ❖ Boardman WIC Clinic, Morrow County Health Dept., 101 Boardman Ave. N.E., Boardman, OR. Clinic open 1<sup>st</sup>, 2<sup>nd</sup>, and last Thursday of the month. Clinic hours are 9:00 a.m. to 4:00 p.m.
- ❖ Heppner WIC Clinic, Morrow County Health Dept., 120 S. Main, Heppner, OR. Clinic open on the 1<sup>st</sup> Tuesday of each month and the last Tuesday in Jan., March, May, July, Sept., Nov. Clinic hours are 9:30 a.m. to 3:30 p.m.
- ❖ Condon WIC Clinic, Gilliam County Clinic., 422 N. Main, Condon, OR. Clinic open the second Wednesday of each month. Clinic hours are 10:00 a.m. to 3:30 p.m.
- ❖ Arlington WIC Clinic, United Methodist Church, 150 Hemlock, Arlington, OR. Clinic open the third Wednesday of alternating months: January, March, May, July, September, and November. Clinic hours are from 9:30 a.m. to 3:30 p.m. .
- ❖ Fossil WIC Clinic, Asher Clinic, 712 Jay Street, Fossil, OR. Clinic open on the third Thursday of alternating months: February, April, June, August, October, and December. Clinic hours are from 10:30 a.m. to 3:30 p.m.

*Heppner, Condon, Arlington, Fossil clinics are held on full weeks.*

Current funded caseload is 4,140.

WIC is an equal opportunity program and employer.

You may call 1-888-271-5983, for civil rights issues or questions.

Revised 4/18/05

HEALTHY KIDS - STRONG PARENTS - WIC WORKS WONDERS