

September 2007

What's In Your Cupboard?

Resource Spotlight

WIC stands for "The Special Supplemental Nutrition Program for Women, Infants and Children."

WIC provides vouchers for foods for pregnant and breastfeeding women, infants, and children under age five. Foster parents, fathers, grandparents or others with custody of children under age five may also qualify.

The vouchers can be used to get foods like milk, cheese, cereal, juice, beans, and peanut butter.

WIC also provides nutrition counseling and breastfeeding support. Some WIC agencies provide Farmer's Market coupons that you can use for fruits and vegetables at Farmer's Markets.

WIC Multnomah County: 503-988-3503

WIC Clackamas County: 503-655-8476

Or call **1-800-SAFENET** (723-3638)

Breakfast is Important!

Breakfast eaters tend to have better diets than breakfast skippers. They eat more fiber and are more likely to get the nutrients that they need. Breakfast may positively benefit memory, academic performance, school attendance rates, and mood. Children who skip breakfast because of a lack of time could eat either at school or on the way there. Eating something is better than not eating anything at all.

Interested in your eligibility for food stamps and other programs? Call 1-800-SafeNet or visit www.oregonhelps.org for confidential information.

Why Get More Physical Activity?

- Strengthen your heart
- Strengthen your lungs
- Lower your blood pressure
- Lower your blood cholesterol
- Control your blood sugar
- Sleep better
- Reduce anxiety, stress
- Reduce depression
- Have more energy



For information on how to get emergency food for your family, call Oregon Food Bank: 1-800-777-7427