

Multnomah County WIC presents

A TASTE OF WIC

- ♥ Learn how to cook healthy, delicious, and budget-friendly meals using WIC approved foods!
- ♥ Meet other parents and share recipes and ideas in a fun, relaxed environment.

Special Bonus: The first 50 attendees to arrive will receive a free bag of groceries to make one of the recipes!

DATE: Thursday, Nov 19, 2026

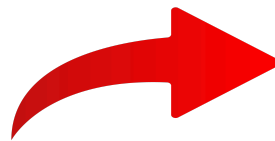
TIME: 9:30 am -12:00 pm

LOCATION: WIC AVIVA Clinic
427 SE 187th Ave.
Portland, OR 97233



Registration is required. SPOTS ARE LIMITED!

Talk to your WIC Nutrition Counselor to sign-up
or scan the QR Code.



HOW TO REGISTER:
Scan QR code



This institution is an equal opportunity provider.