

WHAT FOODS CAN I GET FROM WIC?

WIC makes it easier for you to provide the healthy, delicious foods that you feel good about giving your family. WIC provides free healthy food, including:

- Baby food
- Brown rice
- Canned fish
- Cereal
- Cheese
- Dried or canned beans/peas
- Eggs
- Fruit juice
- Fruits & vegetables
- Infant formula
- Milk
- Peanut butter
- Tortillas
- Whole grain bread
- Tofu

Do you have questions? Contact WIC today to learn more. Call the WIC office closest to you (see back panel) or 1-800-WIC-1007 or visit www.mass.gov/wic.

follow the sun 🔅

to GOOD FOOD

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To find out about WIC, call 1-800-WIC-1007 or a program near you.

BOSTON AREA

(617) 822-5588 (617) 254-0492 (617) 575-5330 (617) 887-4340
(617) 575-5330
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(617) 997 1310
(017) 007-4340
(617) 825-8994
(617) 825-0805
(617) 568-6440
(617) 983-6086
(617) 989-3055
(617) 464-5850
(617) 521-6777
(617) 425-2070
(800) 942-2445
(508) 240-0853
(508) 620-1445
(978) 345-6272 x1
(508) 765-0139
(508) 762-5700
(978) 681-4960
(978) 454-6397
(781) 599-7290
(781) 338-7578
(978) 374-2191
(508) 588-8241
(508) 679-9349
(508) 997-1500
(508) 747-4933
(617) 376-8701
(508) 823-6346 x227
(413) 445-9429
(413) 528-0457
(413) 376-1160
(413) 534-2460
(413) 737-8868
(413) 693-1029

WIC Nutrition Program • 1-800-WIC-1007 Nutrition Division • MA Department of Public Health TDD/TTY: (617) 624-5992 • Web: www.mass.gov/wic USDA is an equal opportunity provider and employer.





OFFERING FAMILIES GOOD FOOD & A WHOLE LOT MORE



WHAT IS WIC?

WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. WIC stands for Women, Infants and Children.



WIC's goal is to help keep pregnant and breastfeeding women and kids under age 5 healthy. To do this, WIC provides:

- · Personalized nutrition consultations
- Free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

But that's not all! WIC also offers breastfeeding classes, one-on-one breastfeeding support, as well as immunization screening and referrals. WIC also provides parents with opportunities to talk with other parents about nutrition and other health topics that are important to their families.



WHO IS WIC FOR?

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grand parent, foster parent or other legal guardian of a child under 5, you can apply for WIC for your child.

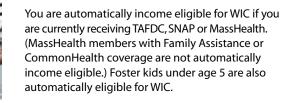


You can participate in WIC if you:

- · Live in Massachusetts
- Have a nutritional need (WIC staff can help you determine this)
- Are a child under 5, or a pregnant or breast-feeding woman, and
- · Have a family income less than WIC guidelines

HOUSEHOLD	YEARLY	MONTHLY	WEEKLY
1	\$21,590	\$1,800	\$416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138
7	66,656	5,555	1,282
8	74,167	6,181	1,427

If you are pregnant, you should count yourself as two.



CAN MEN PARTICIPATE IN WIC?

WIC welcomes men! WIC recognizes the important role that fathers, grandparents, stepparents, and other guardians play in caring for kids. Fathers and other caregivers of kids under 5 are encouraged to enroll and bring kids to appointments, attend nutrition and health workshops, and use WIC checks in grocery stores.

HOW DO I APPLY FOR WIC?

Call the WIC Program office in your community to set up an appointment or call 1-800-WIC-1007. Many WIC offices are open in the evenings and on Saturdays so you do not have to miss work. Walk-ins are always welcome.

