



*“Do you
know what
else WIC offers?
Ask me.”*

There's much more to WIC than checks for free, healthy food.

WIC also provides:

- Breastfeeding advice
- Ideas for healthy family meals and snacks
- Referrals for medical and dental care, immunizations, day care, housing, and other services for your family

Don't miss out on all that WIC has to offer.

To learn more, call **1-800-WIC-1007**
or visit www.mass.gov/WIC.



**GOOD FOOD
and
A WHOLE LOT MORE**

WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992



*“I came to WIC
for the formula.
I stayed with WIC
because they offered
so much more.”*

There's much more to WIC than free formula.

WIC also provides:

- Practical tips on how to get your kids to eat well
- Nutrition workshops on meal planning, picky eaters and more
- Referrals for medical and dental care, immunizations, day care, housing, and other services for your family

Stick with WIC. Your kids will thank you.

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*“I didn’t know
what to expect. WIC
made me and my son
feel welcomed.”*

**WIC is for all kinds of families. Moms, dads, grandparents
and other legal guardians are all welcome to:**

- Enroll and bring kids to appointments;
- Attend nutrition and health workshops; and
- Use WIC checks in grocery stores.

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