



WHAT CAN I BUY WITH WIC CHECKS?

WIC checks are easy to use. Just take them with you when you go food shopping and use them to get free healthy food, including:

- | | |
|-------------|------------------|
| MILK | INFANT FORMULA |
| EGGS | CARROTS |
| CEREAL | PEANUT BUTTER |
| FRUIT JUICE | DRIED BEANS/PEAS |
| CHEESE | TUNA |

Do you have any questions? Contact WIC today to learn more.

Call:

- The WIC office closest to you (see back cover) or
- 1-800-WIC-1007 (1-800-942-1007)

Visit:

- www.mass.gov/wic
- www.fns.usda.gov/wic

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

Boston area

Blue Hill Corridor	(617) 822-5584
Brighton/Roslindale	(617) 789-2439
Cambridge/Somerville	(617) 666-5059
Chelsea/Revere	(617) 887-4340
Dorchester North	(617) 825-8994
Dorchester South	(617) 825-0805
East Boston	(617) 568-6400 x0
Jamaica Plain	(617) 522-4700 x6253
Roxbury	(617) 989-3055
South Boston	(617) 464-5850
South Cove	(617) 521-6777
South End	(617) 425-2070

Cape

Cape Cod	(800) 942-2445
Outer Cape	(800) 675-1188
Plymouth	(508) 747-4933

Central

Framingham/Waltham	(508) 620-1445
North Central	(978) 345-6272 x1
South Central	(508) 765-0139
Worcester	(508) 860-7744

Northeast

Lawrence	(978) 681-4960
Lowell	(978) 454-6397
Lynn	(781) 599-7290
Malden/Everett	(781) 338-7578
Northern Essex	(978) 374-2191

Southeast

Brockton	(508) 588-8241
Fall River	(508) 679-9349
New Bedford	(508) 997-1500
Quincy	(617) 376-4190
Taunton/Attleboro	(508) 823-6346

Western

Berkshire North	(413) 445-9429
Berkshire South	(413) 528-0457
Franklin/No. Quabbin	(413) 376-1160
Hampshire County	(413) 584-3591
Holyoke/Chicopee	(413) 534-2460
Springfield North	(413) 737-8868
Springfield South	(413) 693-1029

WIC Nutrition Program • 1-800-WIC-1007
Nutrition Division • MA Department of Public Health • TDD/TTY: 617-624-5992

The USDA is an equal opportunity provider and employer.



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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.



WHAT DOES WIC OFFER?

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
- Checks to buy 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 immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a

healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

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, grandparent, 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 breastfeeding woman, and
- Have a family income less than WIC guidelines (shown below)

WIC INCOME GUIDELINES

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$17,223	\$1,436	\$332
2	23,106	1,926	445
3	28,989	2,416	558
4	34,872	2,906	671
5	40,755	3,397	784
6	46,638	3,887	897
7	52,521	4,377	1,010
8	58,404	4,867	1,124

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.

If you currently get TAFDC, Food Stamps or MassHealth (Medicaid), you are automatically income eligible. Foster kids under age 5 are automatically eligible for WIC.

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 (see back for phone numbers) 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.


1-800-WIC-1007