

SAMPLE EMAIL

Subject Line: HR Update: Good Food and a Whole Lot More

Dear Employee:

We'd like you to know about an important resource available to families in our community.

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

- Personalized nutrition consultations,
- Checks to buy free, healthy food,
- Tips for eating well to improve health, and
- 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, caring for a new baby, and shopping on a budget.

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 within WIC guidelines (see below).

WIC helps you save on groceries so you have more to spend on other things your family needs.

Many working families are eligible for and participate in WIC. Check these guidelines to see if WIC might be right for your family:

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

How can WIC work for you?

For more information, call 1-800-WIC-1007, visit www.mass.gov/wic or see your HR representative.

WIC. Good Food and a Whole Lot More.