

(INSERT PROGRAM NAME) WIC PROGRAM

Address Line 1

Address Line 2

Phone #

Directions:	Hours (including walk-in times):
Give detailed directions to your program – include popular landmarks and any special instructions (i.e., go down stairs to main entrance, look behind a store) to find you.	Provide the days and hours you are open, and which days/times you offer walk-in service.
Languages Spoken:	Public Transportation:
List the languages spoken at this location.	Provide specific directions by bus, commuter rail, and/or T – including which stop to get out on.
Parking:	Special Programs:
Describe where parking is available, and whether it is free or not.	Describe any special services or information about your program.

Other Site / Special Information
Use this optional box to add another program site or special information such as ongoing workshops. Information could include: Address or name of event: Phone:
Directions: Parking: Public Transportation: Hours:

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Do you have a child under 5? Are you pregnant or breastfeeding?

WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Checks for 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

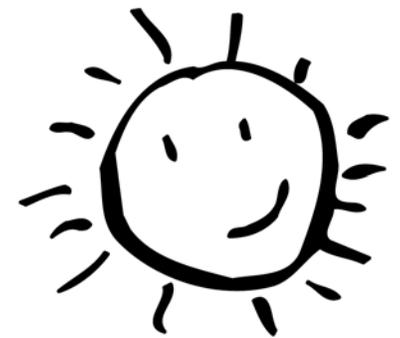
Check these guidelines to decide if WIC might be right for your family.

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

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

Learn more about WIC.
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