

## HOW CAN I REFER FAMILIES TO WIC?

As a child care provider, you can help families make decisions about their children's health.

To refer your clients to WIC:

- Display WIC posters and brochures in your center in the language(s) your clients speak.
- Display WIC brochures in your center where families can take them.
- Provide a WIC brochure to every new client.

## HOW DO I GET WIC MATERIALS AND INFORMATION?

To order WIC materials or for more information, please call your local WIC program (see back cover) or 1-800-WIC-1007.

Additional information is available on our website at [www.mass.gov/wic](http://www.mass.gov/wic).

Many WIC materials are available in multiple languages.

## HOW CAN CHILD CARE PROVIDERS AND WIC WORK TOGETHER?

WIC wants to hear from you. WIC staff are available to do an informal training about WIC, give a quick talk on nutrition topics and answer any questions your staff might have.

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

# Child Care Providers and WIC



  
**WIC**  
GOOD FOOD  
and  
A WHOLE LOT MORE

8/04 #213-E

## WHAT IS WIC?

WIC is a health and nutrition program that can benefit many of the families you serve. WIC provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify.

Child care providers, Head Start and preschool staff are in a unique position to educate families about WIC.

## 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 for free, healthy food
- Breastfeeding support
- Referrals for medical and dental care, health insurance, child care, housing, fuel assistance, and more



## WHO IS WIC FOR?

WIC is for pregnant and breastfeeding women and children under 5. WIC is for all kinds of families: married and single parents, working or not working.

WIC welcomes men. Fathers and other caregivers are encouraged to bring kids to appointments, attend health and nutrition workshops, and use WIC checks in grocery stores.

## ARE MY CLIENTS ELIGIBLE FOR WIC?

WIC participants must meet income guidelines. Many working families are eligible for WIC because WIC's income guidelines are higher than many people realize.

Families who currently receive TAFDC, Food Stamps or MassHealth (Medicaid) are automatically income eligible for WIC.

Foster kids under age 5 and most families receiving financial assistance from the Office for Child Care Services are also eligible for WIC.

## WHAT HAPPENS WHEN I REFER A CLIENT TO WIC?

Your client will make an appointment at a local WIC office (see back for phone numbers). Many WIC offices are open in the evenings and on Saturdays so that parents don't have to miss work.



Once your client comes to WIC, we will make sure the client meets WIC eligibility criteria. Nutritionists provide a thorough nutrition assessment, nutrition counseling and checks for free healthy foods, such as:

- milk
- eggs
- cereal
- fruit juice
- cheese
- infant formula
- peanut butter
- dried beans/peas

## DID YOU KNOW...

- WIC participation decreases children's risk of anemia?
- WIC participation improves children's immunization rates?

  
**1-800-WIC-1007**  
[www.mass.gov/wic](http://www.mass.gov/wic)