



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

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.

HOW CAN WIC WORK FOR YOU?

Learn more about WIC. Call **1-800-WIC-1007**, visit www.mass.gov/wic or contact your HR Representative.

1-800-WIC-1007
www.mass.gov/wic

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

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

