



## WHAT FOODS CAN I GET FROM WIC?

WIC makes it easier for you to provide the healthy, delicious foods that you feel good about giving your family. WIC provides free healthy food, including:

- Baby food
- Brown rice
- Canned fish
- Cereal
- Cheese
- Dried or canned beans/peas
- Eggs
- Fruit juice
- Fruits & vegetables
- Infant formula
- Milk
- Peanut butter
- Tortillas
- Whole grain bread and pasta
- Tofu
- Yogurt



WIC now has an electronic benefit card and a 'WIC Shopper' App to make shopping more convenient and faster than ever before!



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

### BOSTON AREA

Cambridge/Somerville	(617) 575-5330
Chelsea/Revere	(617) 887-4340
Dorchester North/Mattapan	(617) 825-8994
Dorchester South/South Boston	(617) 825-0805
East Boston	(617) 568-6440
Jamaica Plain/Brighton	(617) 983-6086
Roxbury/South End	(617) 989-3055
South Cove	(617) 521-6777

### CAPE

Cape Cod	(800) 942-2445
Outer Cape	(508) 240-0853

### CENTRAL

Framingham/Waltham	(508) 620-1445
North Central	(978) 345-6272 x1
South Central	(508) 765-0139
Worcester	(508) 796-7000

### NORTHEAST

Lawrence	(978) 681-4960
Lowell	(978) 454-6397
North Shore	(781) 599-7290
North Suburban	(781) 338-7578
Northern Essex	(978) 374-2191

### SOUTHEAST

Brockton	(508) 588-8241
Fall River	(508) 679-9349
New Bedford	(508) 997-1500
Plymouth	(508) 747-4933
Quincy	(617) 376-8701
Taunton/Attleboro	(508) 823-6346 x227

### WESTERN

Berkshire North	(413) 445-9429
Berkshire South	(413) 528-0457
Franklin/Hampshire/No. Quabbin	(413) 376-1160 x160
Holyoke/Chicopee	(413) 534-2460
Springfield North	(413) 737-8868
Springfield South	(413) 693-1029

[www.mass.gov/wic](http://www.mass.gov/wic)



This institution is an equal opportunity provider.

Form #147

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



**1-800-WIC-1007**



## 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:

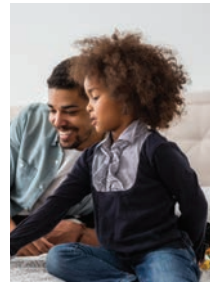
- Personalized nutrition consultations
- Free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

But that's not all! WIC offers breastfeeding classes, one-on-one breastfeeding support, as well as immunization screening and referrals. WIC also provides parents with opportunities to talk with other parents about nutrition and other health topics that are important to their families.



### 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, grand parent, 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 breast-feeding woman, and
- Have a family income less than WIC guidelines

HOUSEHOLD	YEARLY	MONTHLY	WEEKLY
1	\$22,311	\$1,860	\$430
2	30,044	2,504	578
3	37,777	3,149	727
4	45,510	3,793	876
5	53,243	4,437	1,024
6	60,976	5,082	1,173
7	68,709	5,726	1,322
8	76,442	6,371	1,471

If you are pregnant, you should count yourself as two.

You are automatically income eligible for WIC if you are currently receiving TAFDC, SNAP or MassHealth. (MassHealth members with Family Assistance or CommonHealth coverage are not automatically income eligible.) Foster kids under age 5 are also 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 in the grocery stores.

### HOW DO I APPLY FOR WIC?

Call the WIC Program office in your community to set up an appointment 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**

