



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

**WIC OFFERS FAMILIES**

- 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

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

TDD/TTY: 617-624-5992  
This institution is an equal opportunity provider.

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

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$21,978	\$1,832	\$423
2	29,637	2,470	570
3	37,296	3,108	718
4	44,955	3,747	865
5	52,614	4,385	1,012
6	60,273	5,023	1,160
7	67,951	5,663	1,307
8	75,647	6,304	1,455

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



GOOD FOOD *and* A WHOLE LOT MORE!

**Know someone struggling to put food on the table?  
For information about SNAP/food stamps and other  
community food resources, call:**

**1.800.645.8333**

**Monday - Friday**  
8am - 7pm

**Saturday**  
10am - 2pm



The FoodSource Hotline is funded by the Massachusetts Department of Transitional Assistance

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