



**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

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.

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



GOOD FOOD *and* A WHOLE LOT MORE!

TDD/TTY: 617-624-5992

This institution is an equal opportunity provider.

**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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