



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



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

WHAT DOES WIC OFFER?

- ✓ **Free Healthy Food**
Monthly benefits for nutritious groceries.
- ✓ **Personalized Support**
One-on-one nutrition consultations and breastfeeding support.
- ✓ **Health Tips**
Practical advice on eating well for your family's health.
- ✓ **Referrals**
Connections to services like medical/dental care, health insurance, childcare, and housing or fuel assistance.

Check these guidelines to decide if WIC might be right for your family:

HOUSEHOLD	YEARLY	BI-WEEKLY	WEEKLY
1	\$29,526	\$1,136	\$568
2	\$40,034	\$1,540	\$770
3	\$50,542	\$1,944	\$972
4	\$61,050	\$2,349	\$1,175
5	\$71,558	\$2,753	\$1,377
6	\$82,066	\$3,157	\$1,579
7	\$92,574	\$3,561	\$1,781
8	\$103,082	\$3,965	\$1,983

LEARN MORE ABOUT WIC



Call **1-800-WIC-1007** or
visit **mass.gov/wic**

@MassWIC



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