



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

Call **1-800-WIC-1007**

or visit **www.mass.gov/wic**



WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992
USDA is an equal opportunity provider and employer.

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

| HOUSEHOLD SIZE | YEARLY | MONTHLY | WEEKLY |
|----------------|----------|---------|--------|
| 1 | \$21,590 | \$1,800 | \$416 |
| 2 | 29,101 | 2,426 | 560 |
| 3 | 36,612 | 3,051 | 705 |
| 4 | 44,123 | 3,677 | 849 |
| 5 | 51,634 | 4,303 | 993 |
| 6 | 59,145 | 4,929 | 1,138 |
| 7 | 66,656 | 5,555 | 1,282 |
| 8 | 74,167 | 6,181 | 1,427 |

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

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



¿Tiene un hijo menor de 5 años? ¿Está embarazada o amamantando/lactando?

WIC OFRECE A LAS FAMILIAS

- Cupones para adquirir alimentos saludables GRATIS
- Ideas para planificar las comidas
- Ayuda para amamantar/lactar
- Referidos para recibir atención médica y dental, guardería, vivienda y otros servicios para su familia

Llame al **1-800-942-1007**

o visite **www.mass.gov/wic**



Programa de Nutrición WIC
División de Nutrición • Departamento de Salud Pública de MA
TDD/TTY: 617-624-5992
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

| TAMAÑO DE FAMILIA | ANUAL | MENSUAL | SEMANAL |
|-------------------|----------|---------|---------|
| 1 | \$21,590 | \$1,800 | \$416 |
| 2 | 29,101 | 2,426 | 560 |
| 3 | 36,612 | 3,051 | 705 |
| 4 | 44,123 | 3,677 | 849 |
| 5 | 51,634 | 4,303 | 993 |
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SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.

**BUENOS ALIMENTOS
y MUCHO MÁS!**