

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

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

| HOUSEHOLD SIZE | YEARLY | MONTHLY | WEEKLY |
|----------------|----------|---------|--------|
| 1 | \$18,130 | \$1,511 | \$349 |
| 2 | 24,420 | 2,035 | 470 |
| 3 | 30,710 | 2,560 | 591 |
| 4 | 37,000 | 3,084 | 712 |
| 5 | 43,290 | 3,608 | 833 |
| 6 | 49,580 | 4,132 | 954 |
| 7 | 55,870 | 4,656 | 1,075 |
| 8 | 62,160 | 5,180 | 1,196 |

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

Learn more about WIC.

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

GOOD FOOD
and
A WHOLE LOT MORE.