



**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**

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!**



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

**WIC OFRECE A LAS FAMILIAS**

- Alimentos saludables gratis
- Apoyo de lactancia
- Consultas personalizadas de nutrición
- Referidos para atención médica y dental, seguro de salud, cuidado de niños, asistencia para combustible y vivienda, y otros servicios que pueden beneficiar a la familia entera!

Llame al **1-800-942-1007**  
o visite **mass.gov/wic**

TDD/TTY: 617-624-5992  
Esta institución es un proveedor 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	\$21,978	\$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

SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.



**BUENOS ALIMENTOS y MUCHO MÁS!**



**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

**PROJECT  
BREAD**  
HOTLINE®

The logo for Project Bread features the words "PROJECT BREAD" in a bold, sans-serif font. Below "BREAD" is the word "HOTLINE" with a registered trademark symbol. A stylized carrot with green leaves is positioned to the right of the text, partially overlapping the word "BREAD".