

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

Check these guidelines to see 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.



GOOD FOOD and A WHOLE LOT MORE!
WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992
'This institution is an equal opportunity provider.'



¿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

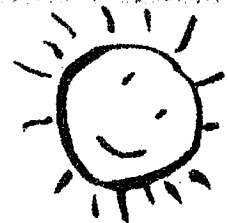
Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

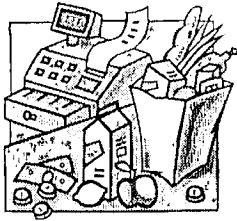
TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
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SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.



BUENOS ALIMENTOS y MUCHO MÁS!
Programa de Nutrición WIC
División de Nutrición • Departamento de Salud Pública de MA
TDD/TTY: 617-624-5992
'Esta institución ofrece igualdad de oportunidad en los servicios.'





Eat Right When Money's Tight

You may be eligible for Food Stamps,
even if you own your own home, are working or have a car.
There are income guidelines and other requirements,
but special rules for families with children under age 19
have made it possible for more families to qualify.

For information about Food Stamps and other food resources, call
Project Bread's FoodSource Hotline Monday - Friday from 8 a.m. to 5 p.m.
or visit our food stamp website.

Project Bread 
FoodSource Hotline
1-800-645-8333

www.gettingfoodstamps.org



Como Bien Cuando Hay Escasez

Usted puede calificar para los Cupones para Alimentos aún si es dueño de
su casa, si trabaja o si tiene un auto. Se aplican restricciones sobre
ingresos, y además hay otros reglamentos, pero hay reglas especiales para
familias con hijos menores de 19 que abren el Programa de Cupones para
Alimentos a muchas más familias.

Para información sobre los Cupones para Alimentos y otros recursos alimenticios
gratis o de bajo costo, llame a la línea directa y gratuita de Project Bread
lunes a viernes de 8:00 a.m. a 5:00 p.m. o visite nuestro sitio web en español.

Project Bread 
FoodSource Hotline
1-800-645-8333

www.gettingfoodstamps.org



WIC/Project Bread Outreach Materials Order Form

School/District _____

Address _____

City _____ MA Zip _____

Attention _____

Person completing this form _____

Phone _____ Date of Request _____

WIC Outreach Materials - Indicate quantity for each item

Brochures

___ English # ___ Spanish # ___ Russian # ___ French # ___ Chinese
___ Khmer # ___ Brazilian # ___ Vietnamese # ___ Continental Portuguese

Posters (11" x 17")

___ English # ___ Spanish # ___ Russian # ___ French # ___ Chinese
___ Khmer # ___ Brazilian # ___ Vietnamese # ___ Continental Portuguese

Project Bread Food Stamp Outreach Materials - Indicate quantity for each item

Eat Right When Money's Tight Poster (12" x 18")

___ Poster and English Only Tear Off Pads ___ Poster and English/Spanish Tear Off Pads
___ Poster and English/Portuguese Tear Off Pads

FoodSource Hotline Fliers (3" x 7") - (all have English on one side, requested language on other side)

___ Arabic # ___ Chinese # ___ English only # ___ French # ___ Greek # ___ Haitian Creole
___ Italian # ___ Khmer # ___ Polish # ___ Portuguese
___ Russian # ___ Spanish # ___ Vietnamese

gettingfoodstamps.org Posters

___ Large English (20" x 22")

Please complete this form and fax to FoodSource Hotline at (617) 248-8877,
or mail to: FoodSource Hotline, Project Bread, 145 Border Street, East Boston, MA 02128 (2/07)