

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 see if WIC might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$18,889	\$1,575	\$364
2	25,327	2,111	488
3	31,765	2,648	611
4	38,203	3,184	735
5	44,641	3,721	859
6	51,079	4,257	983
7	57,517	4,794	1,107
8	63,955	5,330	1,230

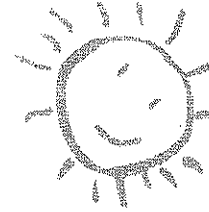
Call **1-800-WIC-1007**

or visit www.mass.gov/wic

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

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

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
1	\$18,889	\$1,575	\$364
2	25,327	2,111	488
3	31,765	2,648	611
4	38,203	3,184	735
5	44,641	3,721	859
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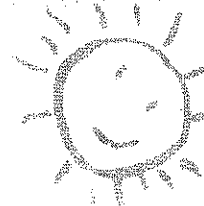
Llame al **1-800-942-1007**

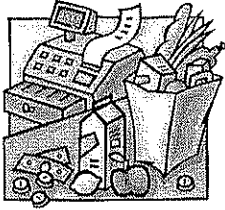
o visite www.mass.gov/wic

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.

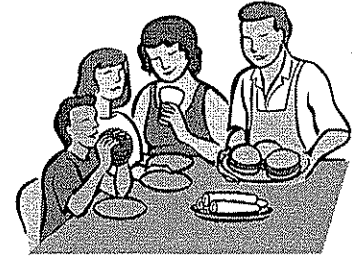




Do your children receive free or reduced school lunch?
Are you eligible for the Earned Income Tax Credit?
Do you receive Fuel Assistance?

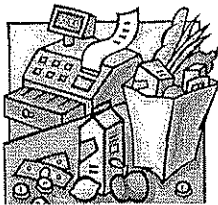
If you meet the criteria for these programs, you may also meet the income guidelines for food assistance through the federal Food Stamp Program.

Food Stamps can help you provide your children with the nutritious food they need to do their best in school.



For more information about Food Stamps and other food resources, or to find out if you are eligible, call Project Bread's FoodSource Hotline Monday - Friday from 8 a.m. to 5 p.m.

Project Bread 
FoodSource Hotline
1-800-645-8333



¿Sus niños reciben almuerzo escolar gratuito o a precio reducido?

¿Usted califica para Reembolso de Ingreso Granado?

¿Usted recibe asistencia en energía del Programa de Fuel Assistance?

Si debe conformarse a las pautas de estos programas, podría que conformarse también a las pautas de programa federal de Food Stamps-Cupones de Alimentos. Food Stamps-Los Cupones de Alimentos, le pueden ayudar a proveer comida nutritiva a sus niños que necesitan para aprender lo máximo posible en la escuela.



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

Project Bread 
FoodSource Hotline
1-800-645-8333

FAX TRANSMISSION

DATE: _____

TO: FoodSource Hotline, Project Bread

FAX: (617) 248-8877

FROM: School or District _____

City _____

Number of Schools Represented: _____

Number of Students: _____

Contact Person _____

Phone _____ Fax _____

E-mail _____

Please check as many as apply:

Yes! I would be happy to copy the enclosed flyer and send it home with students in my school(s).

I will include the flyer in the school newsletter or food service monthly menu.

I will put the information on our website and/or create a link (please include e-mail address if you would like us to send a PDF version)

Please send me free outreach materials for my school(s). (Please indicate the items and quantities you would like on the enclosed Outreach Materials Order Form and fax the order form along with this transmission sheet.)

THANK YOU

WIC/Food Stamps 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

Additional Pads # ___ English # ___ Spanish # ___ Portuguese

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

"Who Qualifies for Food Stamps?" (8 1/2 x 11 Brochure)

___ Arabic # ___ Cape Verdean # ___ Chinese # ___ English
___ Haitian Creole # ___ Khmer # ___ Russian # ___ Spanish

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 (3/08)