



The Commonwealth of Massachusetts
 Executive Office of Health and Human Services
 Department of Public Health
 250 Washington Street, Boston, MA 02108-4619

FEB 10 2009

DEVAL L. PATRICK
 GOVERNOR
 TIMOTHY P. MURRAY
 LIEUTENANT GOVERNOR
 JUDYANN BIGBY, MD
 SECRETARY
 JOHN AUERBACH
 COMMISSIONER

~~Murphy~~
 Please reviewed
 close that case
 should send
 out a reminder
 wrap

February 6, 2009

Dear Superintendent:

These are unprecedented times and the poor economy is taking its toll on an ever-growing number of families. WIC, the Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps) and the Free and Reduced Breakfast and Lunch Programs make it possible for children to have nutritious food, even in these difficult times.

It is critical that we continue to remind parents that these programs are available to them, as so many families struggle silently and are reluctant to ask for assistance. We have sent the enclosed fliers to principals in your district. We hope you will urge them to share the information with parents.

Here are some ways that you and other school officials can help:

- Make copies of the enclosed flier to send home to all parents, have available in the offices and distribute at open houses;
- Include the enclosed flier in your monthly newsletter or food service menu;
- Post the information on your website and create a link to the WIC and SNAP websites;
- Include information about SNAP and WIC in your e-mail and automated phone messages;
- Mention the availability of these programs at staff meetings and parent meetings.

Thank you for your support. We know that hungry kids can not succeed in school. With your help, we can make a difference.

Sincerely,

Mary Kelligrew Kassler

Mary Kelligrew Kassler
 Director
 Massachusetts WIC Nutrition Program

Diane Dickerson

Diane M. Dickerson
 Director of Emergency Food Resources
 Project Bread – The Walk for Hunger

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

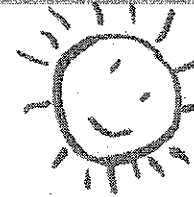
Check these guidelines to see if WIC
might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$19,240	\$1,604	\$370
2	25,900	2,159	499
3	32,560	2,714	627
4	39,220	3,269	755
5	45,880	3,824	883
6	52,540	4,379	1,011
7	59,200	4,934	1,139
8	65,860	5,489	1,267

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

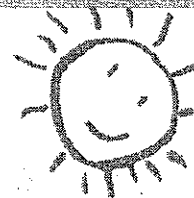
Verifique estas pautas para decidir si WIC es el
programa adecuado para su familia.

TAMANO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
1	\$19,240	\$1,604	\$370
2	25,900	2,159	499
3	32,560	2,714	627
4	39,220	3,269	755
5	45,880	3,824	883
6	52,540	4,379	1,011
7	59,200	4,934	1,139
8	65,860	5,489	1,267

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 the **Supplemental Nutrition Assistance Program** (SNAP, formerly known as Food Stamps). SNAP can help you provide your children with the nutritious food they need to do their best in school.



For more information about SNAP 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 7 p.m.; Saturday from 10 a.m. - 2 p.m.

Project Bread 
FoodSource Hotline
1-800-645-8333



**¿Sus niños reciben almuerzo escolar gratuito o a precio reducido?
¿Califica usted para el reembolso de impuestos de ingresos ganados?
¿Recibe usted ayuda con el costo de calefacción?**

Si usted reúne los requisitos para participar en estos programas, es probable que también pueda ser elegible para el programa federal SNAP (anteriormente conocido como Food Stamps o cupones de alimentos). SNAP puede ayudarle a proveer la comida nutritiva que sus niños necesitan para aprender mejor en la escuela.



Para más información sobre SNAP y otros recursos alimenticios, o para saber si usted es elegible, llame a la línea directa y gratuita FoodSource de Project Bread Lunes a viernes de 8:00 am.- 7:00 pm. y sábados de 10:00 am.- 2:00 pm.

Project Bread 
FoodSource Hotline
1-800-645-8333

FAX TRANSMISSION

DATE: _____

TO: FoodSource Hotline, Project Bread

FAX: (617) 248-8877

FROM: Name of School or District _____

City _____

If responding for a district, # of schools in district: _____

Number of Students (if a district, # of students in district): _____

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