

## WIC WORKS FOR FOSTER CHILDREN!

- WIC significantly improves children's diets and intake of important vitamins and nutrients like iron, vitamin C, protein, niacin, and vitamin B6.
- WIC has a major impact on reducing anemia among children.
- WIC participation leads to high rates of immunization.
- Children enrolled in WIC have better vocabularies when they reach 4 and 5 years of age.

  
**1-800-WIC-1007**  
[www.mass.gov/wic](http://www.mass.gov/wic)



To find out about WIC, call 1-800-WIC-1007 or a program near you.

### BOSTON AREA

Blue Hill Corridor	(617) 822-5588
Brighton/Roslindale	(617) 254-0492
Cambridge/Somerville	(617) 575-5330
Chelsea/Revere	(617) 887-4340
Dorchester North	(617) 825-8994
Dorchester South	(617) 825-0805
East Boston	(617) 568-6440
Jamaica Plain	(617) 983-6086
Roxbury	(617) 989-3055
South Boston	(617) 464-5850
South Cove	(617) 521-6777
South End	(617) 425-2070

### CAPE

Cape Cod	(800) 942-2445
Outer Cape	(508) 240-0853

### CENTRAL

Framingham/Waltham	(508) 620-1445
North Central	(978) 345-6272 x1
South Central	(508) 765-0139
Worcester	(508) 762-5700

### NORTHEAST

Lawrence	(978) 681-4960
Lowell	(978) 454-6397
North Shore	(781) 599-7290
North Suburban	(781) 338-7578
Northern Essex	(978) 374-2191

### SOUTHEAST

Brockton	(508) 588-8241
Fall River	(508) 679-9349
New Bedford	(508) 997-1500
Plymouth	(508) 747-4933
Quincy	(617) 376-8701
Taunton/Attleboro	(508) 823-6346 x227

### WESTERN

Berkshire North	(413) 445-9429
Berkshire South	(413) 528-0457
Franklin/Hampshire/No. Quabbin	(413) 376-1160
Holyoke/Chicopee	(413) 534-2460
Springfield North	(413) 737-8868
Springfield South	(413) 693-1029

# FOSTER CHILDREN AND WIC



Nutrition Division  
 MA Department of Public Health  
 TDD/TTY: (617) 624-5992



WIC Nutrition Program • 1-800-WIC-1007  
 Web: [mass.gov/wic](http://mass.gov/wic)

USDA is an equal opportunity provider and employer.

  
**WIC** GOOD FOOD & A  
 WHOLE LOT MORE

## WHAT IS WIC?

WIC is a free — and friendly — health and nutrition program that provides healthy foods and nutrition information to keep children under age five healthy. WIC is also available to pregnant and breastfeeding women.

If you have a foster child under age five, WIC services are available to help your foster child.

## WHAT CAN WIC OFFER ME AS A FOSTER PARENT?

As a foster parent, you have a unique opportunity to help your foster child develop the skills and resources necessary to lead a healthy life. Good nutrition is essential to good health.

WIC offers you and your foster child nutrition education, tips on healthy eating, free nutritious foods tailored to your foster child's needs and a whole lot more! All foster children, under age 5, are automatically eligible for WIC.

## WHY IS WIC AND WIC NUTRITION EDUCATION IMPORTANT FOR MY FOSTER CHILD?

Like good communication and problem solving skills, healthy eating is an important skill that helps children grow and can help prevent health problems later in life.

Since eating habits are established very early in life, it is important to teach good nutrition as early as possible. WIC can help your foster child learn about nutrition and how to eat right — from birth to age five.

## WHAT ELSE DOES WIC OFFER?

WIC offers more than nutrition counseling and free healthy foods. WIC also provides:

- Immunization screening and referrals
- Tips on food shopping, recipes, and taking care of babies and children

- Referrals for medical and dental care, fuel assistance, and programs like Head Start, Early Intervention, and child care

## HOW CAN I ENROLL MY FOSTER CHILD IN WIC?

It's easy! Call the WIC office in your community to set up an appointment (see back for phone numbers) or call 1-800-WIC-1007. Many WIC offices are open in the evenings and on Saturdays so you do not have to miss work. Walk-ins are always welcome!

You will need to bring these items with you to your WIC appointment:

- MassHealth card or DCF statement of foster care payments
- DCF document showing foster care status
- Proof of Massachusetts residence — or something that shows your foster child's current address
- Your foster child or a completed WIC Medical Referral Form (when you call to make an appointment, ask for more details)

## HOW DOES WIC WORK?

At your appointment, a WIC nutritionist will talk with you about your foster child's health history and diet to identify nutrition and/or medical needs. WIC will provide you with nutrition counseling tailored to meet the needs of your foster child and a WIC Card to buy healthy foods such as:

- Baby food
- Brown rice
- Canned fish
- Cereal
- Cheese
- Dried or canned beans/peas
- Eggs
- Fruit juice



- Fruits & vegetables
- Infant formula
- Milk
- Peanut butter
- Tortillas
- Whole grain bread
- Tofu

WIC benefits are easy to use and redeemable at over 1,000 grocery stores and pharmacies statewide. All WIC services are confidential and free of charge.

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