

HOW CAN CHILD CARE PROVIDERS AND WIC WORK TOGETHER?

WIC wants to hear from you. WIC staff are available to do an informal training about WIC, give a quick talk on nutrition topics, and answer any questions your staff might have.

HOW DO I GET WIC MATERIALS AND INFORMATION?

To order WIC materials or for more information, please call your local WIC program (see back cover) or **1-800-WIC-1007**.

Additional information is available on our website at www.mass.gov/wic.

Many WIC materials are available in multiple languages.




1-800-WIC-1007
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

CHILD CARE PROVIDERS 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
 USDA is an equal opportunity provider and employer.



**GOOD FOOD & A
 WHOLE LOT MORE**

WHAT IS WIC?

WIC is a health and nutrition program that can benefit many of the families you serve. WIC provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify.

Child care providers, Head Start and preschool staff are in a unique position to educate families about WIC.

WHAT DOES WIC OFFER?

WIC's goal is to help keep pregnant and breastfeeding women, and kids under age 5 healthy. To do this, WIC provides:

- Personalized nutrition consultations
- Free, healthy food
- Breastfeeding classes and support
- Infant and child nutrition education groups
- Referrals for medical and dental care, health insurance, child care, housing, fuel assistance, and a whole lot more!

WHO IS WIC FOR?

WIC is for pregnant and breastfeeding women and children under 5. WIC is for all kinds of families: married and single parents, working or not working.

WIC welcomes men! Fathers and other caregivers are encouraged to bring kids to appointments, attend health and nutrition workshops, and use WIC benefits at grocery stores.

ARE MY CLIENTS ELIGIBLE FOR WIC?

WIC participants must meet income guidelines. Many working families are eligible for WIC because WIC's income guidelines are higher than many people realize.

Families who currently receive TAFDC, SNAP benefits or MassHealth (Medicaid) are automatically income eligible for WIC.

Foster kids under age 5 and most families receiving financial assistance from the Department of Early Education and Care (EEC) are also eligible for WIC.

DID YOU KNOW...

- WIC participation decreases children's risk of anemia?
- WIC participation improves children's immunization rates?

HOW CAN I REFER FAMILIES TO WIC?

As a child care provider, you can help families make decisions about their children's health. To refer your clients to WIC:

- Display WIC posters and brochures in your center in the language(s) your clients speak
- Display WIC brochures in your center where families can take them
- Provide a WIC brochure to every new client
- Invite WIC staff to your center for parent night or staff meetings to do an informational session about WIC

WHAT HAPPENS WHEN I REFER A CLIENT TO WIC?

Your client will make an appointment at a local WIC office (see back for phone numbers) to determine what they need to bring to the appointment. Many WIC offices are open in the evenings and on Saturdays so that parents don't have to miss work or school. Walk-ins are always welcome!

WIC nutritionists provide a thorough nutrition assessment, nutrition counseling, and free healthy foods, such as:

- Baby food
- Brown rice
- Canned fish
- Cereal
- Cheese
- Dried or canned beans/peas
- Eggs
- Fruit juice
- Fruits and vegetables
- Infant formula
- Milk
- Peanut butter
- Tortillas
- Whole grain bread
- Tofu



1-800-WIC-1007

  @MassWIC