

WHAT FOODS CAN I GET?

Use your WIC Card at over 850 stores in Massachusetts to buy:



Fruits and Vegetables

Fresh, frozen and canned



Protein

Eggs, peanut butter, tofu, canned fish, and beans



Dairy

Milk, cheese, and yogurt



Whole Grains

Brown rice, whole wheat bread, pasta, tortillas, and more!



Baby Needs

Infant formula, infant cereal, and infant fruits and vegetables

SHOPPING MADE EASY

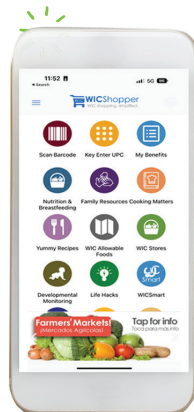
WIC Shopper App

Scan items in-store to check eligibility, view your balance, and find recipes.

Online Ordering

Massachusetts families can now order WIC-eligible foods online for pickup or delivery through Walmart.

Visit Walmart.com/wic to get started!



LOCAL WIC LOCATIONS

BOSTON AREA

Chelsea/Revere	(617) 887-4340
Dorchester Bay	(617) 825-0805
Dorchester North	(617) 825-8994
East Boston	(617) 568-6440
Jamaica Plain/Brighton	(617) 983-6086
Metro North	(617) 575-5330
Roxbury/South End	(617) 989-3055

CENTRAL MA

Framingham/Waltham	(508) 620-1445
North Central	(978) 345-6272
South Central	(508) 765-0139
Worcester	(508) 796-7000

CAPE & ISLANDS

Cape Cod	(508) 771-7896
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NORTHEAST MA

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

SOUTHEAST MA

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

WESTERN MA

Berkshire	(413) 447-3495
Franklin/Hampshire/No. Quabbin	(413) 376-1160
Holyoke/Chicopee	(413) 534-2460
Springfield North	(413) 737-8868
Springfield South	(413) 739-1100



This institution is an equal opportunity provider

Form #147

@MassWIC



ENGLISH




WIC
**GOOD FOOD AND A
WHOLE LOT MORE!**

Join the thousands of Massachusetts families growing healthy with WIC

1-800-WIC-1007 • mass.gov/wic

WHAT IS WIC?

WIC (Women, Infants, and Children) is a free nutrition program providing healthy food, nutrition education, breastfeeding support, and healthcare referrals to Massachusetts families. We are here to help you and your children thrive!

WHAT DOES WIC OFFER?

Our goal is to give your family a healthy start with:

- ✔ **Free Healthy Food**
Monthly benefits for nutritious groceries.
- ✔ **Personalized Support**
One-on-one nutrition consultations and breastfeeding support.
- ✔ **Health Tips**
Practical advice on eating well for your family's health.
- ✔ **Referrals**
Connections to services like medical/dental care, health insurance, childcare, and housing or fuel assistance.



WHO IS WIC FOR?

WIC supports all types of families: married or single parents, working or not. If you are a mother, father, grandparent, foster parent, or legal guardian of a child under age 5, you can apply.

You qualify if you:

- Live in Massachusetts.
- Are pregnant, breastfeeding, or have a child under age 5.
- Meet the income guidelines below.

Automatic Eligibility: You automatically qualify if you receive SNAP, TAFDC, or certain MassHealth plans. Foster children under age 5 are also automatically eligible.

INCOME GUIDELINES

Income is based on gross (before tax) household earnings.

HOUSEHOLD	YEARLY	BI-WEEKLY	WEEKLY
1	\$29,526	\$1,136	\$568
2	\$40,034	\$1,540	\$770
3	\$50,542	\$1,944	\$972
4	\$61,050	\$2,349	\$1,175
5	\$71,558	\$2,753	\$1,377
6	\$82,066	\$3,157	\$1,579
7	\$92,574	\$3,561	\$1,781
8	\$103,082	\$3,965	\$1,983



CAN MEN PARTICIPATE?

Absolutely! WIC welcomes dads, grandfathers, and male guardians. We encourage all caregivers to attend appointments and use the WIC Card at the store.

HOW DO I APPLY?

- 1 Online:** Scan the QR code to visit the WIC Application Portal to start your application or visit mass.gov/WIC.
- 2 Phone:** Call the number of the local program (see the back of this brochure!) closest to you.
- 3 In-Person:** Walk-ins are always welcome! Many offices offer evening and Saturday hours to fit your schedule. Please call ahead to check the clinic's operating hours.

