

Do you have a child under 5?

Are you pregnant or breastfeeding?

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

to see if WIC is right
for your family.



WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992

USDA is an equal opportunity provider and employer.

**GOOD FOOD
and
A WHOLE LOT MORE**

Do you have a child under 5? Are you pregnant or breastfeeding?

WIC offers:

- 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



Massachusetts Department of Public Health
WIC Nutrition Program
250 Washington Street, 6th floor
Boston, MA 02108-4619

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There's a WIC office in your community!

To find out more, call **1-800-942-1007**

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WIC ofrece:

- Consultas individuales de nutrición
- Cheques gratuitos para alimentos saludables
- Sugerencias para comer bien y mejorar la salud
- Referidos a consultas médicas y dentales, seguro de salud, cuidado de niños, asistencia para vivienda y combustible y otros servicios que pueden beneficiar a toda la familia

¡Hay una oficina de WIC en su comunidad!

Para más información, llame al **1-800-942-1007**