

Women, Infants, and Children Program (WIC)

The federal WIC Program provides nutrition, education, counseling and breastfeeding support for pregnant, breastfeeding and post partum women and their children up to age 5. Participants in this program receive checks to purchase free healthy foods at the grocery store. Special infant formulas may also be included. WIC saves lives and improves the health of nutritionally at-risk women, infants and children.

Families are eligible for WIC based on income guidelines that may vary by state. As an example, in Massachusetts, a family of 4 with annual income at \$40,793 would qualify for this assistance (based on income guidelines published through June 2010). A family of 8 could qualify at \$68,469 in annual income.

In these hard economic times more families may be eligible and in need of this additional support. To learn more about eligibility and benefits of WIC visit the web site at www.fns.usda.gov/wic/ or contact your WIC State Agency at one of the toll free numbers below:

Massachusetts	1-800-942-1007
Maine	1-800-437-9300
New Hampshire	1-800-942-4321
Rhode Island	1-800-942-7434