

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

## WIC OFFERS FAMILIES

- 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

Check these guidelines to decide if WIC might be right for your family.

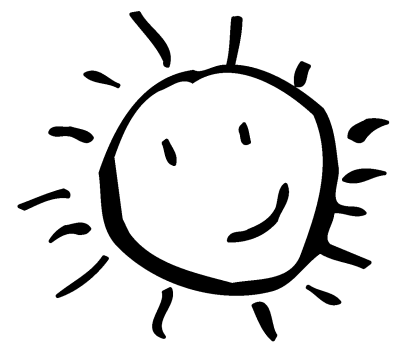
HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$22,429	\$1,872	\$432
2	\$30,451	\$2,538	\$586
3	\$38,443	\$3,204	\$740
4	\$46,435	\$3,870	\$893
5	\$54,427	\$4,536	\$1,047
6	\$62,419	\$5,202	\$1,201
7	\$70,411	\$5,868	\$1,355
8	\$78,403	\$6,534	\$1,508

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.

For More Information Contact:

**North Suburban WIC**  
**781-338-7578**

or visit [www.mass.gov/wic](http://www.mass.gov/wic)



**GOOD FOOD**  
*and*  
**A WHOLE LOT MORE**



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