



Do your children receive free or reduced school lunch?
 Are you eligible for the Earned Income Tax Credit?
 Do you receive Fuel Assistance?

If you meet the criteria for these programs, you may also meet the income guidelines for the **Supplemental Nutrition Assistance Program** (SNAP, formerly known as Food Stamps). SNAP can help you provide your children with the nutritious food they need to do their best in school.



For more information about SNAP and other food resources, or to find out if you are eligible, call Project Bread's FoodSource Hotline Monday - Friday from 8 a.m. to 7 p.m.; Saturday from 10 a.m. - 2 p.m.

Project Bread 
FoodSource Hotline
1-800-645-8333

**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

Call **1-800-WIC-1007**
 or visit www.mass.gov/wic

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

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$19,240	\$1,604	\$370
2	25,900	2,159	499
3	32,560	2,714	627
4	39,220	3,269	755
5	45,880	3,824	883
6	52,540	4,379	1,011
7	59,200	4,934	1,139
8	65,860	5,489	1,267

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

GOOD FOOD and A WHOLE LOT MORE!



WIC Nutrition Program
 Nutrition Division • MA Department of Public Health
 TDD/TTY: 617-624-5992
This institution is an equal opportunity provider.

