

DO YOU HAVE A CHILD UNDER 5? ARE YOU PREGNANT OR BREASTFEEDING?

WIC OFFERS FAMILIES

- Personalized nutrition consultations
- 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.

VISIT A WIC OFFICE NEAR YOU

Main Office - Haverhill: 3 Washington Square 2nd Floor, 978-374-2191

Amesbury: 44 Friend St, 978-388-2575

Beverly: 4 Ocean St, 978-922-2110

Gloucester: 302 Washington St, 978-281-4540

PLEASE CALL OUR MAIN OFFICE TO MAKE AN APPOINTMENT FOR ANY OF THE OFFICES LISTED ABOVE

www.communityactioninc.org

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

Household Size	Yearly	Monthly	Weekly
1	\$23,107	\$1,926	\$445
2	31,284	2,607	602
3	39,461	3,289	759
4	47,638	3,970	917
5	55,815	4,652	1,074
6	63,992	5,333	1,231
7	72,169	6,015	1,388
8	80,346	6,696	1,546

MAY 15, 2019 - JUNE 30, 2020 IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO



WIC Nutrition Program

Nutrition Division * MA Dept. of Public Health

1-800-WIC-1007

USDA is an equal opportunity provider and employer

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