



WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify.

WIC is a free program that provides healthy foods and nutrition and health information to Massachusetts' families who qualify. WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5, you can apply for WIC for your child.

You can participate in WIC if you:

- Live in Massachusetts
- Have a nutritional need (WIC staff can help you determine this)
- Are a child under 5, a new mom, or a pregnant or breastfeeding woman
- Have a family income less than WIC guidelines (shown below)

WIC Income Guidelines

Household Size	Yearly	Monthly	Bi-Weekly	Weekly
1	\$18,889	\$1,575	\$727	\$364
2	25,327	2,111	975	488
3	31,765	2,648	1,222	611
4	38,203	3,184	1,470	735
5	44,641	3,721	1,717	859
6	51,079	4,257	1,965	983
7	57,517	4,794	2,213	1,107
8	63,955	5,330	2,460	1,230
For each additional family member add	6,438	537	248	124

If you are pregnant, you should count yourself as two.



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It's easy! To apply for WIC, call the WIC office closest to you (click on the map for a list of programs by town) or call 1-800-WIC-1007.



WIC has day, evening and Saturday appointments available. WIC even has walk-in hours!

At your appointment, you will need to bring the following information:

- **Proof of current household income**
Bring proof of income for everyone in your household. Examples of proof of income include pay stubs from recent check (within 30 days) or a letter from an employer. If you currently receive TAFDC, Food Stamps or MassHealth/Medicaid, you can bring proof of your participation on one of these programs instead of proof of household income.
- **Proof that you live in Massachusetts**
Bring documentation of where you live. Examples include a utility bill, a postmarked piece of mail addressed to you at your address, your lease or a rent receipt from your landlord, a bank statement, bank book or checkbook, or your drivers license or other ID card.
- **Proof of identity**
Bring identity for everyone who will be on the WIC program. Examples include a driver's license, birth certificate, MassHealth card or a Social Security card.

Talk to the WIC clinic if you are having problems bringing any of the above information. All information shared with WIC is confidential.

[WIC Income Guidelines](#)

If you currently get TAFDC, Food Stamps or MassHealth (Medicaid), you are automatically income eligible. Foster kids under age 5 are automatically eligible for WIC.

To find out more about WIC call 1-800-WIC-1007 or a [program near you](#).