

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

## WIC provides:

- 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 and other services.

Call **1-800-WIC-1007** for more information or call the main local program site in your area:

## Berkshire North WIC Program

(413) 445-9429

*Additional service sites in:*

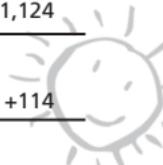
*North Adams and Pittsfield*



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

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

HOUSEHOLD SIZE	YEARLY	MONTHLY	BI-WEEKLY	WEEKLY
1	\$17,223	\$1,436	\$663	\$332
2	23,106	1,926	889	445
3	28,989	2,416	1,115	558
4	34,872	2,906	1,342	671
5	40,755	3,397	1,568	784
6	46,638	3,887	1,794	897
7	52,521	4,377	2,020	1,010
8	58,404	4,867	2,247	1,124
FOR EACH ADDITIONAL FAMILY MEMBER ADD:				
	+5,883	+491	+227	+114



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