

Do you have a child under 5?

Are you pregnant or breastfeeding?

Call **1-800-WIC-1007** or visit **www.mass.gov/wic**  
for information about good nutrition, checks for  
free healthy food and more.



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

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**GOOD FOOD  
and  
A WHOLE LOT MORE**