



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

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Tel: 617-624-6000
www.mass.gov/dph

October, 2019

Dear Principal,

As you are aware, many families in the Commonwealth continue to face food insecurity and other health concerns. They often suffer in silence and are uncertain about where to seek support and assistance. There may be occasions where some families lack healthy and nutritious foods which can have a negative impact on a child's ability to concentrate and learn effectively in school. In addition to the Free/Reduced Breakfast and Lunch Programs, the Massachusetts Women, Infants and Children (WIC) Nutrition Program and Supplemental Nutrition Assistance Program (SNAP) can help ensure that children to have access to nutritious food in difficult times.

We need your assistance in sharing pertinent information with parents, teachers, nurses, homeless liaisons, resource specialists, guidance counselors, and other staff about these programs focusing on addressing food insecurity. We are suggesting ways that you can help distribute information about WIC and SNAP:

- Make copies of the enclosed fliers for the office and to send home to all parents or guardians
- Distribute the enclosed fliers at PTO meetings, open houses, parent-teacher conferences, etc.
- Include information about WIC and SNAP in email notifications and/or automated phone messages
- Post the information on the school website and create a link to the WIC and SNAP websites
- Mention the availability of these programs at staff meetings and parent meetings
- Include information about WIC and SNAP in the monthly newsletter and/or food service menu
- Request WIC brochures and SNAP information for distribution
- Invite a WIC representative to share pertinent information with the guidance counselor, school nurse, homeless liaison, resource specialist, school adjustment counselor, parent advisory council, and other staff

Thank you for your support. We know that hungry kids cannot succeed in school. With your help, we can make a difference.

Sincerely,

Rachel Colchamiro
Acting Director
Massachusetts WIC Nutrition Program

Sarah Cluggish
Vice President of Programs and Policy
Project Bread – The Walk Hunger



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

Check these guidelines to see 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

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

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

TDD/TTY: 617-624-5992

This institution is an equal opportunity provider.



GOOD FOOD *and* A WHOLE LOT MORE!



¿Tiene un hijo menor de 5 años? ¿Está embarazada o amamantando/lactando?

WIC OFRECE A LAS FAMILIAS

- Alimentos saludables gratis
- Apoyo de lactancia
- Consultas personalizadas de nutrición
- Referidos para atención médica y dental, seguro de salud, cuidado de niños, asistencia para combustible y vivienda, y otros servicios que pueden beneficiar a la familia entera!

Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
1	\$23,107	\$1,926	\$445
2	31,284	2,607	602
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4	47,638	3,970	917
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6	63,992	5,333	1,231
7	72,169	6,015	1,388
8	80,346	6,696	1,546

SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.

Llame al **1-800-942-1007**
o visite mass.gov/wic

TDD/TTY: 617-624-5992

Esta institución es un proveedor que ofrece igualdad de oportunidades.



BUENOS ALIMENTOS y MUCHO MÁS!