

# You can participate in WIC if you:



Live in Massachusetts

Have a nutritional need (WIC staff can help you determine this)

Are an infant and child under age 5, a new mom, or a pregnant or breastfeeding person

Have a family income less than the WIC income eligibility guidelines (see the household size and income chart).

You are automatically income eligible for WIC if you currently receive:

Certain types of MassHealth/Medicaid insurance plans

Supplemental Nutrition Assistance Program (SNAP)

Transitional Aid to Families with Dependent Children (TAFDC) or cash assistance

Northern Essex WIC staff are available at (978) 374-2191 or (978) 373-1971 Ext. 214 to answer additional questions.

