



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

CHARLES D. BAKER  
Governor

KARYN E. POLITO  
Lieutenant Governor

MARYLOU SUDDERS  
Secretary

MONICA BHAREL, MD, MPH  
Commissioner

Tel: 617-624-6000  
[www.mass.gov/dph](http://www.mass.gov/dph)

August, 2015

Dear Superintendent,

The impact of food insecurity continues to affect many families in the Commonwealth. As you are aware, unaddressed food insecurity can impact a child's ability to concentrate and learn in school. The Massachusetts Women, Infants, and Children (WIC) Nutrition Program, Free/Reduced Breakfast and Lunch Programs, and Supplemental Nutrition Assistance Program (SNAP), make it possible for children to have nutritious food, in these difficult times.

It is critical that parents are reminded that these programs are available to them, as so many families struggle silently and are reluctant to ask for assistance. In an effort to distribute pertinent information, we are requesting your help and assistance from your staff to share resource materials with families.

We have shared a similar letter to the principals regarding the WIC and SNAP information. Please review the enclosures and grant permission to the principals in your district to share information with parents and guardians.

Here are some ways that you, the principals, and other school officials can help:

- Make copies of the enclosed fliers for the office and send home to all parents or guardians
- Distribute the enclosed fliers at PTO meetings, open houses, parent-teacher conferences, etc.
- Include the enclosed flier in your monthly newsletter, weekly bulletins to parents, or food service menu
- Post the information on your website and create a link to the WIC and SNAP websites
- Include information about WIC and SNAP in your e-mails and automated phone messages
- Mention the availability of these programs at staff meetings and parent meetings

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

Sincerely,

Judy Hause  
Director  
Massachusetts WIC Nutrition Program

NoREEN Kelly  
Director of Community Initiatives  
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

Call **1-800-WIC-1007**  
or visit [mass.gov/wic](http://mass.gov/wic)

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	WEEKLY
1	\$21,775	\$1,815	\$419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,255	5,022	1,159
7	67,951	5,663	1,307
8	75,647	6,304	1,455

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



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!

Llame al **1-800-942-1007**  
o visite [mass.gov/wic](http://mass.gov/wic)

TDD/TTY: 617-624-5992  
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
1	\$21,775	\$1,815	\$419
2	29,471	2,456	567
3	37,167	3,098	715
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SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.



BUENOS ALIMENTOS y MUCHO MÁS!

# FAX TRANSMISSION

**DATE:** \_\_\_\_\_

**TO:** WIC-Coordination Unit

**FAX:** (617) 624-6179

**FROM:** Name of School or District \_\_\_\_\_

City \_\_\_\_\_

If responding for a district, # of schools in district): \_\_\_\_\_

Number of Students (if a district, # of students in district): \_\_\_\_\_

Contact Person \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Please check as many as apply:

Yes! I would be happy to copy the enclosed flyer and send it home with students in my school(s).

I will include the flyer in the school newsletter or food service monthly menu.

I will put the information on our website and/or create a link (please include e-mail address if you would like us to send a PDF version)

Please send me free outreach materials for my school(s). (Please indicate the items and quantities you would like on the enclosed Outreach Materials Order Form and fax the order form along with this transmission sheet.)

**THANK YOU**

# WIC Outreach Materials Order Form

School \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ MA Zip \_\_\_\_\_

Attention \_\_\_\_\_

Person completing this form \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_ Date of Request \_\_\_\_\_

## ***WIC Outreach Materials - Indicate quantity for each item***

### **Brochures**

# ___ English	# ___ Spanish	# ___ Russian	# ___ French	# ___ Chinese
# ___ Khmer	# ___ Portuguese (Brazilian)	# ___ Vietnamese	# ___ Arabic	

### **Posters (11" x 17")**

# ___ English	# ___ Spanish	# ___ Russian	# ___ French	# ___ Chinese
# ___ Khmer	# ___ Portuguese (Brazilian)	# ___ Vietnamese		

Please complete this form and fax to WIC/Coordination Unit  
(617) 624-6179



# SNAP/Food Stamp Outreach Materials Order Form

PLEASE INDICATE THE QUANTITIES YOU NEED

All materials are free of charge

**"Help is one free call away" 3" x 7" Hotline card (double-sided)**

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> Arabic/English         | <input type="checkbox"/> Chinese/English | <input type="checkbox"/> French/English  | <input type="checkbox"/> Greek/English      |
| <input type="checkbox"/> Haitian Creole/English | <input type="checkbox"/> Italian/English | <input type="checkbox"/> Khmer/English   | <input type="checkbox"/> Polish/English     |
| <input type="checkbox"/> Portuguese/English     | <input type="checkbox"/> Russian/English | <input type="checkbox"/> Spanish/English | <input type="checkbox"/> Vietnamese/English |

**ANY QUESTIONS?** Please contact FoodSource Hotline at 1-800-645-8333

Please fill-in the shipping information below and fax to **FoodSource Hotline** at 617-248-8877 or mail to **Project Bread, 145 Border Street, East Boston, MA 02128, Attn: Hotline**

**Name:** \_\_\_\_\_

**Agency:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Phone:** (\_\_\_\_) \_\_\_\_\_ **Fax:** (\_\_\_\_) \_\_\_\_\_