



WIC is a Special Supplemental Nutrition Program for Women, Infants and Children. It is a program designed to help you get the food and nutrition support you need to be healthy. Everyone who falls into the eligible categories is welcome and will be provided services with respect and dignity.

The Cambridge/Somerville WIC is operated by Cambridge Health Alliance (CHA). CHA is a local provider of primary care, maternity care, specialty care, emergency services, hospital care and behavioral health. CHA provides high quality care in convenient neighborhood locations with access to advanced care at Beth Israel Deaconess Medical Center and Mass. General Hospital for Children.

[www.challiance.org/wic](http://www.challiance.org/wic)  
[www.facebook.com/cambridgesomervillewic](https://www.facebook.com/cambridgesomervillewic)

*This institution is an equal opportunity provider.*



[www.challiance.org](http://www.challiance.org)    

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# WIC

## Good Food and a Whole Lot More

**Nutrition support for families,  
pregnant women, infants and new moms.**



**CHA Cambridge/Somerville WIC**  
**(617) 575-5330 • [www.challiance.org/wic](http://www.challiance.org/wic)**

Offices in Arlington, Bedford (military only),  
Cambridge, Somerville and Watertown



## What is WIC?

WIC is a FREE nutrition program that helps families with children under five get healthy food and learn how to eat well. It also supports pregnant women, infants and new moms. WIC stands for Women, Infants and Children and is FREE to Massachusetts families who qualify. Call us at **(617) 575-5330** to see if we can help you.

### About the Cambridge/Somerville WIC Program:

We help ALL families living in Massachusetts

#### The WIC program provides:

- Healthy foods for pregnant women, infants and children
- Counseling with trained nutritionists
- Health education
- Breastfeeding support and counseling
- Referrals to health care and social services
- Workshops
- Online nutrition education

## Who Can Get WIC?

WIC is for pregnant women and every kind of family. If you're a mother, father, grandparent, foster parent or legal guardian of a child or children under 5, you can apply for WIC support. Many families can get the support they need from WIC to keep their family healthy and eating well. Call us at **(617) 575-5330** to find out if you're eligible.

### You Can Apply for WIC If You:

- Live in Massachusetts
- Receive TAFDC, SNAP or certain Mass Health (Medicaid)
- Meet the WIC income guidelines (see the chart below to see if your income allows you to be eligible). If you receive benefits from TAFDC, SNAP or certain Mass Health (Medicaid) programs, you are automatically income eligible.

### Massachusetts WIC Program Income Eligibility Guidelines May 15, 2019 - June 30, 2020

Household Size	Yearly	Monthly	Bi-Weekly	Weekly
1	\$23,107	\$1,926	\$889	\$445
2	\$31,284	\$2,607	\$1,204	\$602
3	\$39,461	\$3,289	\$1,518	\$759
4	\$47,638	\$3,970	\$1,833	\$917
5	\$55,815	\$4,652	\$2,147	\$1,074
6	\$63,992	\$5,333	\$2,462	\$1,231
7	\$72,169	\$6,015	\$2,776	\$1,388
8	\$80,346	\$6,696	\$3,091	\$1,546
<i>For each additional family member add...</i>				
	+\$8,177	+\$682	+\$315	+\$158



## Can Men Get WIC Services?

Yes, men are welcome at WIC. Fathers, grandparents, stepparents and other guardians play an important role in raising children. Male caregivers are invited to enroll their children and bring them to appointments, attend programs and benefit from WIC services.

### CHA WIC Program Locations in Massachusetts:

**Arlington:** 7 Central St. Suite 160, (781) 646-2032

**Bedford (Military only):** Building 1540, 188 Marrett St., Hanscom AFB, (781) 862-1420

**Cambridge:** 119 Windsor St., (617) 665-3750

**North Cambridge:** 284 Rindge Ave., (617) 575-5370

**Somerville:** 366 Broadway, (617) 575-5330

**Watertown:** Church of the Good Shepherd, 9 Russell Ave., Lower Level, (857) 523-2797

**We do not ask people about immigration status and it's easy to sign up.**