



Use WIC

Feed Your Family

If you are a parent with a child under 5, and you qualify for SNAP, you are entitled to free nutritious foods and health consultations. Women, infants, and children at nutrition risk have a much greater risk of experiencing health problems. Ensure your family is happy and healthy through this Special Supplemental Nutrition Program for Women, Infants, and Children

How WIC Helps

Beyond free food, WIC offers personalized nutrition consultations, referrals for medical and dental care, health insurance, child care, housing & fuel assistance. WIC will help you and your family .

Don't miss out!

Over 115,00 caregivers in Massachusetts are already taking advantage of this program. Join them, and better support your family. If you already participate in SNAP then no additional documentation is necessary!

Lots of foods qualify

Baby food • Brown rice • Canned fish • Cereal • Cheese • Dried or canned beans/peas • Eggs • Fruit juice • Fruits & vegetables • Infant formula • Milk • Peanut butter • Tortillas • Whole grain bread and pasta • Tofu • Yogurt

Free Money!

"Cash benefit value," usable on fruits and vegetables, at participating vendors. \$26 for child participants, \$47 for pregnant and postpartum participants, and \$52 for fully and partially breastfeeding participants. Additionally, WIC participants showed significant savings in healthcare costs when compared to non-participants

Participating Vendors in North Adams

Big Y Foods, 45 Veterans Memorial Drive, 01247, (413)663-6549
CVS Pharmacy, Veterans Memorial Drive, 01247, (413)664-8712 *formula only*
Super Stop & Shop, 876 State Road, 01247, (413)664-8100
Walmart Store, 1415 Curran Memorial Hwy, 01247, (413)664-4004


Berkshire branch

Director Melissa King
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510 North St., Suite #5 Pittsfield
(413) 447-3495

North Adams branch

Tu-Thu-Fr, 8-4:30
wic@bhs1.org
71 Hospital Ave, 3rd floor, North
Adams, 413-663-3012

Apply here

 1-800-942-1007

 <https://www.mass.gov/wic>

