



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

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.

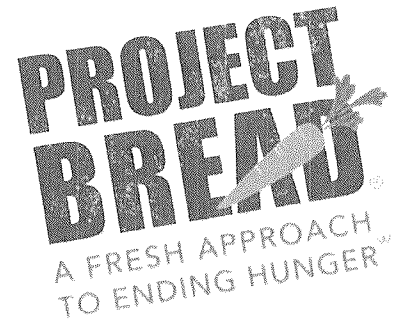
Sincerely,

Rachel Colchamiro
Acting Director
Massachusetts WIC Nutrition Program

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

OUR PROGRAMS

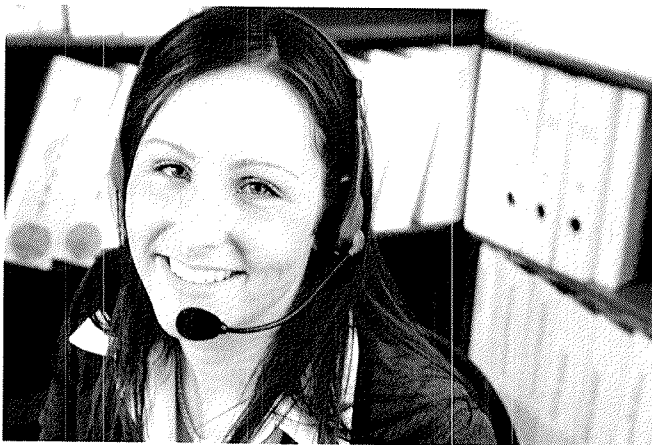
FoodSource Hotline: 1-800-645-8333



Project Bread's FoodSource Hotline helps the most vulnerable populations in our state—elders, immigrants, and working poor families who struggle to gain access to SNAP because of stigma, confusion about eligibility, and difficulty navigating a complex application process.

WHAT IS THE FOODSOURCE HOTLINE?

The FoodSource Hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities. The Hotline answers over 28,000 calls from food insecure families and individuals across Massachusetts each year. The multilingual staff, complemented by able translators, can assist callers in over 180 languages.



Our hotline counselors connect callers to emergency food resources in their area.

In addition to calling the hotline, people in need can also reach hotline counselors by instant message through www.gettingsnap.org.

FOODSOURCE HOTLINE SERVICES

- Screenings for SNAP/Food Stamp eligibility.
- Over-the-phone SNAP application assistance and follow up with applicants throughout the process.
- Referrals to community food programs.
- Informational resource for agencies who have specific SNAP regulation questions that are affecting their clients.
- General information to current SNAP recipients, applicants with pending applications, and those who are hesitant to apply.
- Referrals to other programs such as WIC, school meals, housing, and utility assistance.
- Information on the Healthy Incentive Program (HIP) and how to earn benefits.

FOODSOURCE HOTLINE HOURS

- Monday - Friday: 8AM to 7PM
- Saturday: 10AM to 2PM



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

TDD/TTY: 617-624-5992

This institution is an equal opportunity provider.

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.



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

TDD/TTY: 617-624-5992

Esta institución es un proveedor que ofrece igualdad de oportunidades.

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

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANTAL
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

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/Early Child Care Center/Community College

Address _____

City/Zip Code _____

Contact Person _____

Phone _____ Fax _____

E-mail _____

Please check as many as apply:

____ Yes! I would be happy to copy the enclosed flyer to send home.

____ I will include the flyer in the newsletter, parent packets, or food service monthly menu.
(Send PDF version of income flyer, please include email address)

____ I will put the link for WIC on our website: www.mass.gov/forms/apply-for-wic-online

____ I will invite a WIC representative to share pertinent information with the homeless liaison, school nurse, resource specialist, guidance counselor, parents, early child-care center staff, school adjustment counselor, parent advisory council, student life staff, and other staff.

____ Please send me free outreach materials for my school(s).

(Indicate the specific items and quantities needed on the enclosed Outreach Materials Order Form for WIC and SNAP.)

Complete this sheet and Outreach Materials Order Form for WIC materials.

For SNAP Outreach materials complete the SNAP Materials Order Form and fax to 617-248-8877.

This institution is an equal opportunity provider.

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



FoodSource Hotline Outreach Materials Order Form

All materials are free of charge

PLEASE INDICATE THE QUANTITIES YOU NEED (200 max order limit for certain languages)

“Help is one free call away” 3x7 Hotline card double-sided (also available in PDF)

_____ Arabic/English (200 max) _____ Chinese/English (200 max) _____ Haitian Creole/English (200 max)

_____ Portuguese/English (200 max) _____ Russian/English (200 max) _____ Vietnamese/English (200 max)

_____ Spanish/English

“Eat Right When Money’s Tight” tear off pads (English Only) _____

“How to get SNAP” brochure (English/Spanish) _____

“Snap for seniors” brochure (English/Spanish) _____

“FoodSource Hotline Description” one-pager (English Only) _____ (also available in PDF)

If you have any questions OR if would you like a presentation about the FoodSource Hotline and SNAP?

Please contact Leah Schenkel- Outreach Coordinator at 617.239.2588

Please fill-in the shipping information below and fax to **FoodSource Hotline** at **617.248.8877** or mail to **Project Bread** at **145 Border Street, East Boston, MA 02128**. Any questions? Call the **FoodSource Hotline 1.800.645.8333**

Name: _____

Agency: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____ Email _____