




Tough Economic Times?
WIC is Here for YOU!

BROCKTONWIC.ORG

Some things you may not know about how Brockton WIC can help young families....

1. Foods offered by WIC are diverse and healthy for families.
2. Average monthly WIC Food Package can save families \$60 per child enrolled in WIC. Add \$60 for each additional child.
3. One-on-one nutrition counseling specific to a family's needs. Includes education on new **H.I.P.!**
4. Planning to breastfeed? WIC provides education, breastfeeding classes, electric and manual breast pumps; and, support before and after your baby is born.
5. WIC Nutritionists check to see if children are up to date with his/her immunizations. WIC staff works with doctors to keep children healthy.
6. WIC Nutritionists check children's blood work, (lead & Iron) height and weight to make sure they are growing.
7. Free classes are offered, such as Happiest Baby on the Block on how to calm a newborn baby.
8. Good Food Project is offered 2 days each week on-site using WIC foods. This is food demonstrations and tastings!
9. Parents can receive resources for many services such as Fuel Assistance, child care, dental care etc...
10. On-site dental cleaning for children.
11. FREE Access to the Boston Science Museum for up to 4 people using your WIC card.
12. National Grid is at WIC monthly to help WIC families with the following:
 - Discount rate of 29% for WIC Participants
 - Payment plans (flexibility on down payments)
 - Budgets
 - Protections (Medical, Infant, & Elderly)
 - Management Program Forgiveness Program
13. WIC offers interpreter services for many language needs so families are comfortable communicating.
14. Brockton WIC offers convenient hours for working parents. Mon-Sat.
15.  — **NEW** — Some WIC participants can do their WIC appointment from home! This is for children 15 months and older that are at a low nutrition risk. It can be used up to two times in one year in place of your regular WIC follow up appointment.

Family Support Coordinator on site at Brockton WIC Monday, Tuesday and Thursday from 9 am -2 pm to provide one-on-one counseling and resources for support services for WIC participants whose needs exceed the scope of a typical nutrition appointment. Follow-up communication is done to evaluate the receipt of services. Goal is to empower participants to access services leading to self-sufficiency **Paula is bi-lingual and speaks Cape Verdean Creole, Portuguese, and Spanish.**

Paula Pires, WIC Family Support Coordinator 508-588-8241 X424 — paulapires@bamsi.org

Barbara Brooks, WIC Outreach Community Coordinator 774-297-9017 — barbarabrooks@bamsi.org

Encourage families to call the closest WIC Office. They may be eligible!

Brockton WIC (MAIN), 795 Pleasant Street, - Open Monday through Saturday
East Brockton WIC, 63 Main Street, East Brockton (Brockton Neighborhood Hlth Ctr) Open Tues & Wed
Stoughton WIC 810 Washington Street, Open Thursday