

## Food Assistance

WIC (Women, Infant and Children Nutrition Program) is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. The goal of WIC is to help keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. WIC provides: personalized nutrition information, consultations and support; checks to buy free, healthy food; tips for eating well to improve health; and referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget. To apply for WIC or learn more about this program, call 1-800-WIC-1007 or visit their website.

## The McKinney-Vento Homeless Education Assistance Act

Tewksbury Public Schools provides homeless students and unaccompanied youth all of the educational services for which they are eligible, including education programs for students with disabilities, free school meals, English language services, vocational and technical education, gifted and talented services, special education, preschool and Title I services. Homeless students are entitled to transportation to their school of origin or the school in which they are to be enrolled, if required. All user fees are waived for students without a permanent place of residence.