

Benefits You May Qualify For

Help with food, healthcare, and cash. Many young parents qualify and never apply. Here is what each one is and how to get it.

Good to know: applying for one often opens the others. If you get MassHealth, SNAP, or TAFDC, you automatically qualify for WIC. None of this affects your immigration status, and pregnancy coverage is open regardless of immigration status.

MassHealth (health coverage)

Start here if pregnant

Free or low-cost health insurance. Pregnant people are covered at higher income levels and regardless of immigration status, through 12 months after birth.

How to apply: Call **800-841-2900**, or apply online through MassHealth. Have your income info and ID ready if you can, but start the call either way.

WIC (food & nutrition)

Pregnant or child under 5

Free healthy food, formula, breastfeeding support, and nutrition help for pregnant people and young children.

How to apply: Call your local office. New Bedford **508-997-1500** · Fall River **508-679-9349** · Wareham **508-747-4933** · Taunton **508-823-6346**.

SNAP (food assistance)

Money for groceries

Monthly money on a card to buy food. Income limits are higher than people expect, especially with a child.

How to apply: Online at DTAConnect.com, or call the DTA Assistance Line **877-382-2363**.

TAFDC (cash assistance)

Cash for families

Monthly cash help for families with very low income. There are special rules and supports for parents under 20, including help with childcare and school.

How to apply: Through DTA, same line: **877-382-2363**, or at DTAConnect.com.

Tips that make it easier

- Apply even if you are not sure you qualify. The program decides, not you.
- Write down who you talked to and when. Ask for your case number.
- If you get stuck, Elevate or a WIC office can help you apply.
- Keep proof of income, address, and your child's info in one folder.

This sheet is general information, not a benefits decision or legal advice. Income limits and rules change, and each program decides eligibility. Confirm details when you apply, or call us at 774-775-2656 if you need help.