

WIC Nutrition Program

Maine Families Grow Healthy With WIC

What is WIC?

WIC is a complete nutrition care program for families that offers:

- Nutrition education
- Breastfeeding and chestfeeding support and supplies
- Health screenings and referrals
- Healthy food and formula benefits on an eWIC card

Who can apply for WIC?

- Pregnant, nursing, and post-partum parents.
- Infants and children up to the age of five
- Children cared for by a father, grandparent, foster parent, step-parent or guardian
- Anyone living in Maine, including migrants working in Maine

How To Apply:

Find your local WIC office at maine.gov/WIC to make an appointment.

WIC participants must meet income guidelines and be at nutritional risk.

Anyone who receives SNAP, TANF, or MaineCare automatically qualifies for WIC, regardless of income.

If you have a question... WIC has an answer!

WIC has nutrition and peer counselors to help and connect you to other services if needed!

Learn more about income and nutritional risk guidelines at maine.gov/WIC.



Scan the QR code to connect with WIC staff near you and set up your first appointment.

Where can I find out more about the Maine CDC WIC Nutrition Program?

Call 1-800-437-9300 or 207-287-3991
Visit our web site at maine.gov/WIC



This institution is an equal opportunity provider.

WIC Local Agencies in Maine

Aroostook County Action Program

Serving Aroostook County
Presque Isle 1-800-432-7881 or 768-3026

Bangor Public Health & Community Services

Serving Piscataquis and Penobscot Counties
Bangor 1-800-470-3769 or 992-4570

Maine Family Planning

Serving Hancock and Washington Counties
Ellsworth 1-800-492-5550 Calais 454-3634 Machias 255-8280

Maine General Medical Center

Serving Kennebec and Somerset Counties
Augusta 626-6350 Waterville 861-3580 Skowhegan 1-888-942-6333

MidCoast Maine Community Action

Serving Knox, Lincoln, Sagadahoc, and Waldo Counties
Bath 1-800-221-2221 Belfast 338-1267 Rockland 594-4329

The Opportunity Alliance

Serving Cumberland County
Portland 1-800-698-4959 Windham 553-5800

Western Maine Community Action

Serving Franklin, Oxford, and Androscoggin Counties
East Wilton 1-800-645-9636 Auburn 1-877-512-8856

York County Community Action Corp.

Serving York County
Sanford 1-800-965-5762 Biddeford 1-800-644-4202

Benefits of Breastfeeding and Chestfeeding

- Requires no special preparation
- Can cause the uterus to shrink to its original size, helping a nursing parent's body return to its pre-pregnancy shape
- Can help protect against breast and ovarian cancer
- Promotes a close parent-child bond

How does WIC support nursing parents?

Local WIC offices provide nursing parents with electric or manual breast pumps, the largest quantity and variety of food benefits in the WIC program, expert advice from CLCs/IBCLCs, and more!

What foods can I get with WIC?

Food benefits vary based on age, nutritional need, and infant feeding status.

Foods benefits may include:

- Milk, eggs, cheese & yogurt
- Fruits and vegetables
- Peanut butter
- Juice
- Cereal
- Dry/canned beans
- Tofu & soy milk
- Canned fish
- Whole grain breads, tortillas, oatmeal, pasta or brown rice
- Baby foods
- Infant formulas



to learn more, visit
maine.gov/WIC