

# WIC Nutrition Program

WIC is a nutrition program for thousands of Maine families, helping Maine kids to grow up strong and healthy. WIC food benefits are available based on income guidelines and up-to-date nutrition research. This website seeks to serve all Maine families with free nutrition advice, tips for staying healthy, and resources for growing families.



## Who can apply for the Maine WIC Nutrition Program?

WIC is open to anyone living in Maine, including migrants working in Maine. Applicants can be any of the following:

- Women who are pregnant, breastfeeding or had a baby in the last six months.
- Infants and children up to the age of five, including adopted and foster children.
- Fathers may apply for their children.

## How do I apply?

Getting WIC benefits is simple. Call [your nearest WIC office](#) to make an appointment. Your first appointment will take about an hour of your time – an hour that can benefit you and your children for the rest of your lives.

### Local WIC Office Contact Information

State of Maine WIC Office:		In state toll free 1(800) 437-9300		TTY Maine relay 711	
Auburn	207-795-4016	Ellsworth	207-667-5304		
Augusta	207-626-6350	Machias	207-255-8280		
Bangor	207-992-4570	Portland	207-553-5800		
Bath	207-442-7963	Presque Isle	207-768-3026		
Belfast	207-338-1267	Rockland	207-594-4329		
Biddeford	207-283-2402	Sanford	207-459-2942		
Calais	207-454-3634	Skowhegan	207-861-3593		
East Wilton	207-645-3764	Waterville	207-861-3580		

### Income Eligibility Guidelines

**Effective from July 1, 2020 to June 30, 2021**

#### Eligibility Scale For “Reduced-Price” Meals

Family Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	23,606	1,968	984	908	454
2	31,894	2,658	1,329	1,227	614
3	40,182	3,349	1,675	1,546	773
4	48,470	4,040	2,020	1,865	933
5	56,758	4,730	2,365	2,183	1,092
6	65,046	5,421	2,711	2,502	1,251
7	73,334	6,112	3,056	2,821	1,411
8	81,622	6,802	3,401	3,140	1,570
<b>Each Additional Family Member</b>	8,288	691	346	319	160

**Please Note: When determining income at the monthly level, please use the following criteria:**

**Weekly Income x 4.333 weeks**

**Bi-weekly Income x 2.15 weeks**