

# 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, 2021 to June 30, 2022**

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

| Family Size                          | Annual | Monthly | Twice Per Month | Every Two Weeks | Weekly |
|--------------------------------------|--------|---------|-----------------|-----------------|--------|
| 1                                    | 23,828 | 1,986   | 993             | 917             | 459    |
| 2                                    | 32,227 | 2,686   | 1,343           | 1,240           | 620    |
| 3                                    | 40,626 | 3,386   | 1,693           | 1,563           | 782    |
| 4                                    | 49,025 | 4,086   | 2,043           | 1,886           | 943    |
| 5                                    | 57,424 | 4,786   | 2,393           | 2,209           | 1,105  |
| 6                                    | 65,823 | 5,486   | 2,743           | 2,532           | 1,266  |
| 7                                    | 74,222 | 6,186   | 3,093           | 2,855           | 1,428  |
| 8                                    | 82,621 | 6,886   | 3,443           | 3,178           | 1,589  |
| <b>Each Additional Family Member</b> | 8,399  | 700     | 350             | 324             | 162    |

**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**