

# Federal Nutrition Programs and Emergency Food Referral Chart for Maine Families

Maine CDC WIC Nutrition Program

1-800-437-9300 or 207-287-3991

Age of Patient	Name of Program	How It Works	Who Can Apply	Learn More
All ages	<p><b>Supplemental Nutrition Assistance Program</b></p> <p>(Also known as SNAP, formerly known as Food Stamps)</p>	<p>Monthly benefits to purchase food at grocery stores, farmers' markets, and food retail outlets across the country that accept SNAP</p> <p>Benefits loaded onto an EBT card (much like a debit card)</p> <p>The average benefit is about \$31 for the week – or about \$1.47 per person, per meal</p>	<p>Gross income typically at 130% of the federal poverty level but can be higher in some states<sup>1</sup></p> <p>Asset tests may apply in some states<sup>2</sup></p> <p>Many low-income employed individuals</p>	<p><b>National resources:</b> Call the SNAP information line at 1-800-221-5689 for information on how to apply in ME</p> <p>Online application for SNAP available for residents in 42 states: <a href="http://www.fns.usda.gov/snap/apply">http://www.fns.usda.gov/snap/apply</a></p> <p><b>Local resources:</b> <a href="http://www.maine.gov/dhhs/ofi/services/snap/index.html">http://www.maine.gov/dhhs/ofi/services/snap/index.html</a></p>
Pregnant, postpartum, and breastfeeding women; infants; children up to age five	<b>The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</b>	<p>Nutritionally tailored monthly food benefits (worth approximately \$50/month) that families redeem in WIC-authorized grocery stores</p> <p>Breastfeeding support, nutrition services, health screening, immunization guidance, and tailored referrals</p>	<p>Income eligible pregnant, breastfeeding, and postpartum women; infants and children up to age five</p> <p>Income eligibility at or below 185% of the federal poverty level<sup>3</sup> and/or patients receiving MaineCare coverage or SNAP/TANF benefits</p>	<p><b>State resources:</b> Contact Maine's WIC agency at 1-800-437-9300 for information on local WIC service sites</p> <p>Screen patients for WIC eligibility with a customized state tool: <a href="http://wic.fns.usda.gov/wps/pages/start.jsf">http://wic.fns.usda.gov/wps/pages/start.jsf</a></p> <p><b>Local resources:</b> <a href="http://www.maine.gov/dhhs/mecdc/health-equity/wic/">http://www.maine.gov/dhhs/mecdc/health-equity/wic/</a></p>
Typically, children up to age five	<b>Child and Adult Care Food Program (CACFP)</b>	<p>Up to two free meals and a snack to infants and young children at child care centers and homes; Head Start; and Early Head Start</p> <p>Updated nutrition standards in 2016 means healthier meals</p>	<p>Children attending eligible child care centers and homes; Head Start; and Early Head Start</p>	<p><b>State resources:</b> Contact the state Department of Education for participating child care centers and homes</p> <p>Contact child's day care provider to see availability of free meals through CACFP</p> <p><b>Local resources:</b> <a href="https://www.maine.gov/doe/schools/nutrition/programs/cacfpanding">https://www.maine.gov/doe/schools/nutrition/programs/cacfpanding</a></p>
Children K-12	<b>National School Lunch Program (NSLP) and School Breakfast Program (SBP)</b>	<p>Free, reduced-priced, or paid school meals in participating schools</p> <p>Updated meal patterns feature more whole grains, 0 grams of trans fat per portion, appropriate calories by age, more fruit, and reduction of sodium</p>	<p>Children of families at low or moderate income levels can qualify for free or reduced-price meals</p> <p>Free to all students at schools adopting community eligibility — which allows schools with high numbers of low-income children to offer free breakfast and lunch to all students without collecting school meal applications</p>	<p>Contact child's school to see availability of free breakfast and lunch and application process, if any</p> <p>Contact the state Department of Education for a list of participating schools</p> <p><b>Local resources:</b> <a href="https://www.fns.usda.gov/nslp">https://www.fns.usda.gov/nslp</a> <a href="https://www.fns.usda.gov/sbp/school-breakfast-program">https://www.fns.usda.gov/sbp/school-breakfast-program</a></p>

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Elementary school age students	Fresh Fruit and Vegetable Program (FFVP)	The Fresh Fruit and Vegetable Program provides federal funding to elementary schools to serve fruits and vegetables as snacks to help young students improve their diets and establish healthy eating habits  Limited federal funding is available in all states	Elementary schools with high numbers of low-income students	<b>Local resources:</b> <a href="https://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program">https://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program</a>
Children 18 and under	Afterschool Snack Program (ASSP) (available through CACFP or the National School Lunch Program)	Free, healthy snacks and/or meals meeting federal nutrition standards in enrichment programs running afterschool, on weekends, or during school holidays	Children can access free meals at participating enrichment programs offered at community sites, including schools, park and recreation centers, libraries, faith-based organizations, or community centers	Contact child's school to check participation in afterschool meals or knowledge of local participating organizations Contact the state Department of Education for participating sites  <b>Local resources:</b> <a href="https://www.fns.usda.gov/cn/afterschool-snacks">https://www.fns.usda.gov/cn/afterschool-snacks</a>
Children 18 and under	Summer Food Service Program (SFSP)	Up to two free meals at approved school and community sites during summer vacation  Meals must meet approved federal nutrition standards	Children can access meals at participating community sites, which can include schools, park and recreation centers, libraries, faith-based organizations, or community centers  No need to show identification	<b>Local resources:</b> <a href="https://www.fns.usda.gov/sfsp/summer-food-service-program">https://www.fns.usda.gov/sfsp/summer-food-service-program</a>
All ages	The Emergency Food Assistance Program (TEFAP)	Emergency food distributed to local partners that may include pantries, schools, faith-based groups, etc.  Many food items are shelf-stable U.S. commodities, but many food banks commit to distributing more fresh produce	Access depends on site requirements; some sites require referrals	<b>Local resources:</b> <a href="https://www.fns.usda.gov/tefap/emergency-food-assistance-program">https://www.fns.usda.gov/tefap/emergency-food-assistance-program</a>

1 SNAP income eligibility guidelines at: <https://www.fns.usda.gov/snap/eligibility>

2 Check state & local regulations for details.

3 WIC income eligibility guidelines at: <https://www.fns.usda.gov/wic/wic-income-eligibility-guidelines>

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