

You can participate in the WIC Program if you have a family income within WIC guidelines and:

- ◆ Are pregnant
- ◆ Are breastfeeding a baby under 1 year of age
- ◆ Have had a baby in the past 6 months
- ◆ Have children under 5 years of age
 - ◇ Children cared for by a father, grandparent, foster parent, step-parent or guardian may be eligible for the program.



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

Visit our web site at
www.wicforme.com
or call 1-800-437-9300
TTY Maine relay 711



DHHS:

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operation of its program, services or activities, or its hiring or employment practices. This notice is provided, as required, by Title II of the Americans With Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972, and the Maine Human Rights Act and Executive Order regarding State of Maine contracts for services. Questions, concerns, complaints, or requests for additional information regarding the ADA may be forwarded to DHHS, ADA Compliance/EEO Coordinators, 11 State House Station, 221 State Street, Augusta, ME 04333, 207-287-4289 (v), 207-287-3488 (v), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA compliance/EEO coordinators. This notice is available in alternate formats upon request.

Maine CDC WIC Nutrition Program
1-800-437-9300 or 287-3991

This institution is an equal opportunity provider.

Maine Families Grow Healthy With WIC



Maine CDC WIC Nutrition Program Provides:

- Checks to buy healthy foods
- Health and nutrition information
- Tips for a healthy pregnancy
- Breastfeeding support



What is WIC?

WIC is a nutrition and health program for growing families that offers:

- ◆ Nutrition education
- ◆ Breastfeeding support
- ◆ Health screening
- ◆ Checks to buy healthy foods such as:

- ◆ Milk
- ◆ Fruits and vegetables
- ◆ Juice
- ◆ Eggs
- ◆ Cheese
- ◆ Cereal
- ◆ Dry or canned beans
- ◆ Peanut butter
- ◆ Canned fish
- ◆ Whole grain breads, tortillas, or brown rice
- ◆ Baby foods
- ◆ Infant formula
- ◆ Tofu and soy milk



What benefits do infants receive from WIC?

Infants may receive a breast pump (if needed) or iron-fortified infant formula.

After 6 months of age they may also receive:

- Cereal, fruits and vegetables for infants
- Infant meats (for fully breastfeeding infants only)

If you have questions...

WIC has answers...

- ◆ What should I eat during my pregnancy?
- ◆ I want to breastfeed; how do I get started?
- ◆ My toddler is such a picky eater! What can I do?
- ◆ How can I get my children to eat more fruits and vegetables?
- ◆ How can I help my children maintain a healthy weight?
- ◆ Does WIC have a loaner breast pump I could use?

**Breastmilk is the best food
for your baby.**



**WIC staff encourage new
moms to breastfeed.**

**To learn more about breastfeeding
visit our website at www.wicforme.com.**

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

MidCoast Maine Community Action

Serving Knox, Lincoln, Sagadahoc and
Waldo Counties

Bath.....1-800-221-2221

Belfast338-1267

Rockland594-4329

Maine Family Planning

Serving Hancock and Washington Counties
Ellsworth.....1-800-492-5550 or 667-5304

Calais454-3634

Machias.....255-8280

MaineGeneral WIC

Serving Kennebec and Somerset Counties

Augusta.....626-6350

Waterville ...861-3580

Skowhegan..861-3593 or 1-888-942-6333

The Opportunity Alliance

Serving Cumberland County

Portland.....1-800-698-4959 or 553-5800

Windham553-5800

Western Maine Community Action

Serving Franklin, Oxford and

Androscoggin Counties

East Wilton...1-800-645-9636 or 645-3764

Auburn.....1-877-512-8856 or 795-4016

York County Community Action Corp.

Serving York County

Sanford.....1-800-965-5762

Biddeford.....1-800-644-4202