

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.maine.gov/WIC
or call 1-800-437-9300
TTY Maine relay 711



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Maine CDC WIC Nutrition Program
1-800-437-9300 or 207-287-3991

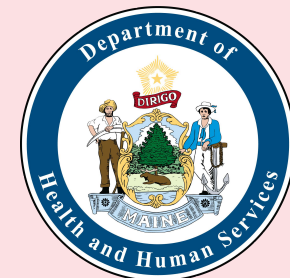
This institution is an equal opportunity provider.

Maine Families Grow Healthy With WIC



Maine CDC WIC Nutrition Program Provides:

- Benefits 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
- ◆ Benefits to buy healthy foods such as:

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



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.maine.gov/wic**

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

Maine General Medical Center

Serving Kennebec and Somerset Counties
Augusta.....626-6350

Waterville861-3580

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