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
Each Additional Family Member	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**