

# 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, 2023 to June 30, 2024**

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

Family Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	26,973	2,248	1,124	1,038	519
2	36,482	3,041	1,521	1,404	702
3	45,991	3,833	1,917	1,769	885
4	55,500	4,625	2,313	2,135	1,068
5	65,009	5,418	2,709	2,501	1,251
6	74,518	6,210	3,105	2,867	1,434
7	84,027	7,003	3,502	3,232	1,616
8	93,536	7,795	3,898	3,598	1,799
<b>Each Additional Family Member</b>	9,509	793	397	366	183

**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**