

Women, Infants and Children Nutrition Program (WIC)



Who can apply for the Maine WIC Nutrition Program?

- ❖ **Women who are pregnant, breastfeeding, or had a baby in the past six months**
- ❖ **Infants and children up to the age of five (including foster children).**
- ❖ **Fathers may apply for their children.**
- ❖ **You must live in Maine or be a migrant working in Maine**

WIC Provides:

Healthy foods like:

Milk, cheese, eggs, 100% fruit juice, iron fortified cereal, peanut butter or dried beans.

Breastfeeding women also get tuna fish and carrots.

Parents of infants get breastfeeding support or iron fortified infant formula.

In the summer, vouchers are given for fresh fruits and vegetables from Maine farmers.

Nutrition Education

Do you have questions about what your child eats? Is he growing well? Why is she such a picky eater? How can I get my child to try new foods? We can help you with good nutrition tips, recipes and more!

Breastfeeding Support

Is my baby getting enough to eat? Can I breast feed when I go back to work? What is a breast pump and how do I use it? We can help you wade through the fads and the facts.

Contact Info:

Phone: 800-437-9300 or 207-287-3991

TTY: 1-800-438-5514

Mailing address: 11 State House Station, Augusta, ME 04333

Website: <http://www.maine.gov/dhhs/wic>

