



Maine WIC Nutrition Program

WIC provides low-cost healthy foods, nutrition education, breastfeeding promotion and support to women, infants and children.

Who is WIC for?

- Women who are pregnant (in any trimester), who are breastfeeding, or who had a baby in the last 6 months
- Infants and children up to the age of five, including adopted and foster children
- Anyone living in Maine meeting these criteria, including migrants working in Maine
- Fathers may also apply for their children

Am I eligible for WIC?

Eligibility is based on **household** income. Use the chart below to find out if your income qualifies. Your household income must be at or below the listed numbers before taxes. If you are pregnant, you may count yourself as two household members. Anyone who receives MaineCare, Supplemental Nutrition Assistance Program (SNAP), or Temporary Assistance for Needy Families (TANF) benefits are automatically eligible for WIC.

Household Size is:	Weekly	Biweekly	Twice Monthly	Monthly	Yearly
1	\$445	\$889	\$963	\$1926	\$23107
2	602	1204	1304	2607	31284
3	759	1518	1645	3289	39461
4	917	1833	1985	3970	47638
5	1074	2147	2326	4652	55815
6	1231	2462	2667	5333	63992
7	1388	2776	3008	6015	72169
8	1546	3091	3348	6696	80346
9	1703	3405	3689	7377	88523
10	1860	3720	4030	8059	96700
11	2017	4034	4370	8740	104877
12	2175	4349	4711	9422	113054

**To sign up for WIC contact
the Patient Assistance Line:**

**1-833-MHHELP1
(1-833-644-3571)**