APPLYING FOR WIC

CALL 207-553-5800 to schedule an appointment in Portland, South Portland, Westbrook, Windham, Bridgton, Standish or Brunswick.

BRING TO YOUR APPOINTMENT

IDENTIFICATION FOR ALL APPLICANTS AND PARENTS – Maine Care card, driver’s license, SSID, school or employment ID, State ID, passport, birth certificate, hospital crib card, or vaccination record.

PROOF OF INCOME – Maine Care cards or eligibility letter, SNAP or TANF letter, pay stubs, military earning statement, pay statement from employer, child support or alimony agreement, SSI/SSD statement. Income guidelines at: maine.gov/wic.

PROOF OF STREET ADDRESS – Utility bill or mail with name and street address, driver’s license with street address, rental / mortgage papers with name & street address, TANF, SNAP or MaineCare documents with street address.

WIC FOR GOOD HEALTH

WIC WORKS
Participation in the WIC program has shown to improve nutritional intake, increase health knowledge, improve blood iron levels, reduce infant mortality rates, increase breastfeeding rates, and reduce long-term health care costs.

CONTACT US

PHONE: 207-553-5800
TOLL FREE: 1-877-429-6884

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

"WIC helped me a lot when I was breastfeeding. I received a lot of information and knowing my son was gaining weight gave me confidence to continue breastfeeding."
-TOA WIC Parent

TOA WIC

THE OPPORTUNITY ALLIANCE
190 LANCASTER STREET
SUITE 310
PORTLAND, MAINE 04101

SERVING CUMBERLAND COUNTY
207-553-5800
WIC PROVIDES

- Benefits for healthy food
- Tips for shopping and preparing healthy meals and snacks
- Screening for anemia
- Height and weight measurements
- Breastfeeding support
- Pregnancy tips
- Connection to area resources

WIC SERVES

- Pregnant people
- People who are breastfeeding infants under 1 year of age
- People 6 months postpartum
- Infants
- Children up to age 5 years

WIC CLIENTS

Children receiving WIC may participate while in the care of mothers, fathers, grandparents, foster parents, stepparents or assigned legal guardians.

WIC FOODS

- Fruits & vegetables: fresh, frozen or canned
- Milk or soy beverage
- Cheese, yogurt and/or tofu
- Eggs
- Cereal
- Peanut butter
- Whole grain bread, oatmeal, brown rice, tortillas and whole wheat pasta
- Beans: dried or canned
- Canned tuna, salmon or sardines
- 100% juice, bottled or concentrate
- Baby food
- Infant formula

BREASTFEEDING SUPPORT

- Education about breastfeeding health benefits for parent & baby
- Support via phone, text, and in-person appointments with peer counselors, CLCs and IBCLCs
- No cost loaner electric breast pumps & pumping supplies
- Answers for questions and concerns about issues such as clogged ducts and latch problems

WIC TEAM

WIC counselors are trained in nutrition and public health, supported by Registered Dietitians and Certified Lactation Counselors.

“WIC helped me when my kids didn’t like vegetables. Now they love vegetables!”

-TOA WIC Parent