



**WOMEN, INFANTS
& CHILDREN**



WIC provides complete nutrition care 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.

All Pregnant Women and Children under age 5 that receive SNAP or MaineCare are eligible for WIC.

WIC Benefits Include:

- Extra foods for breastfeeding moms
- Free Electric Breast Pump Loans
- Nutrition and Breast Feeding Education
- Infant Formula
- 3 Months of grocery store benefits at a time
- Farmers' Market benefits in the summer months

Use your eWIC card to shop for WIC Approved Foods like:

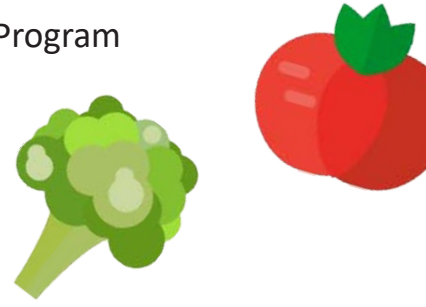
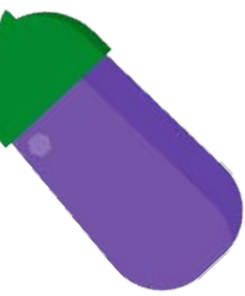
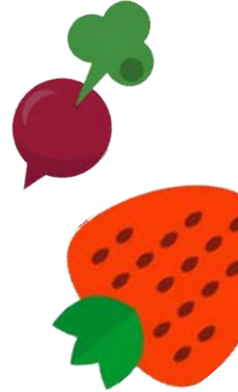
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|------------------|-------------------|
| Milk | Tofu |
| Cheese | Peanut Butter |
| Yogurt | Beans |
| Eggs | Juice |
| Cereal | Whole Grain Pasta |
| Fresh Fruits | Bread |
| Fresh Vegetables | Rice |

WIC Clinics are offered in the Aroostook County Towns of:

- Caribou
- Fort Kent
- Houlton
- Madawaska
- Presque Isle
- Van Buren



Aroostook County Action Program
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**MAINE WIC NUTRITION PROGRAM INCOME
ELIGIBILITY GUIDELINES**
(Effective June 1, 2023 – June 30, 2024)

Household Size	Annual	Monthly	Twice Monthly	Biweekly	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
9	\$103,045	\$8,588	\$4,294	\$3,964	\$1,982
10	\$112,554	\$9,380	\$4,690	\$4,329	\$2,165
11	\$122,063	\$10,172	\$5,086	\$4,695	\$2,348
12	\$131,572	\$10,965	\$5,483	\$5,061	\$2,531
13	\$141,081	\$11,757	\$5,879	\$5,427	\$2,714
14	\$150,590	\$12,550	\$6,275	\$5,792	\$2,896
15	\$160,099	\$13,342	\$6,671	\$6,158	\$3,079
16	\$169,608	\$14,134	\$7,067	\$6,524	\$3,262

*Based on OMB Federal Poverty Guidelines – 185% poverty guidelines