

WIC Nutrition Program

Maine Families Grow Healthy With WIC

What is WIC?

WIC is a complete nutrition care program for families that offers:

- Nutrition education
- Breastfeeding and chestfeeding support and supplies
- Health screening and referrals
- Healthy food and formula benefits loaded on an eWIC card

How To Apply:

Find your local WIC office at maine.gov/WIC to make an appointment and learn more about WIC services.

If you have a question... WIC has an answer!

WIC has nutrition and peer counselors available at your convenience. These counselors can also provide referrals to other services.

Who can apply for the WIC Program?

- Pregnant, nursing, and post-partum parents.
- Infants and children up to the age of five
- Children cared for by a father, grandparent, foster parent, step-parent or guardian can apply.
- Anyone living in Maine including migrants working in Maine.

Eligible applicants must also meet WIC's income guidelines and be determined to be at nutritional risk.

Anyone who receives SNAP, TANF, or MaineCare automatically qualifies for WIC, regardless of income.

Learn more about income and nutritional risk guidelines at maine.gov/WIC.

Where can I find out more about the Maine CDC WIC Nutrition Program?

Call 1-800-437-9300 or 207-287-3991

Visit our web site at maine.gov/WIC



This institution is an equal opportunity provider.



Introducing Solid Foods

WHEN

At about 6 months old. Talk to your pediatrician if you are not sure!

WHERE

Secured into a high chair or on parent's lap. Face your baby while they are eating.

HOW

Introduce new foods one at a time. This can help to find any potential food allergies.

Your baby may be ready for solid foods if they:

- can sit up on their own
- show interest in the foods you are eating

Signs of an allergic reaction

- rashes/hives
- diarrhea/vomiting
- runny nose
- temperament changes
- sneezing
- watery/puffy eyes

Call 911 if you notice...

- swollen tongue/throat
- trouble breathing

Getting Started with a Cup



- Introduce your child to a cup starting at 9 months.
- Start with small amounts of human milk, formula, or water in an unbreakable cup.
- Help your baby by holding the cup.
- Be patient! Practice makes perfect.
- Children should be weaned from bottle to cup by 12-14 months.

When can I give my child...

Cow's Milk → 12 months old

Choking Hazards (nuts, seeds, whole grapes, etc.) → 2 -3 years old

Foods with added sugar (cake, candy, etc.) → Delay as long as possible