

## 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.**

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*"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

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## TOA WIC

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



# TOA WIC

**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

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

*-TOA WIC Parent*

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## 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.