

HEALTH NEWSLETTER

November 2023

WIC PROGRAM

What is WIC ?

WIC is a federal program that focuses on Special Supplemental Nutrition for Women, Infants, and Children. Pregnant women have the opportunity to seek guidance on child development and create a plan that aligns with their preferences and needs.

Who is Eligible?

People with low income can't always afford buying healthy foods like vegetables and fruits. WIC is a program that can help people in that area to make sure that families meet their nutritional needs.

Individuals that are eligible for WIC are :

- Individuals at the start of pregnancy up to six weeks after delivery.
- Breastfeeding mothers up to their infant's first birthday.
- Non-breastfeeding and post-delivery individuals - up to 6 months after giving birth.

What are the Benefits ?

Since October 1st 2023 , WIC adjusted the amount of money that can be spent monthly on fruits and vegetables. CVB- known as Cash Value Benefit, is used for purchasing fruits and vegetables that are available at approved stores and farmer's markets all year long.

What are different ways of using your CVB ?

1. Using your EWIC card in approved stores

OR

2. Download the BNFT phone application and access local certified farmers



Contact NEAAO For Assistance



Contact WIC For Assistance



Here are examples of foods you can receive when you are a member of the WIC program :

- Eggs
- Milk
- Cheese
- Peanut butter
- Dried and canned beans and peas
- Canned fish
- Soy based beverages
- Fruits and vegetables
- infant cereal and baby food



What are Other Tools and Resources that WIC can Provide?

- Electric pumps
- Milk storage bags
- Support groups and home visits
- Breastfeeding bras



Useful Tools & Resources for Families

WIC Shopper phone application

Once you are a member of WIC, you can upload `` WIC Shopper`` on your phone. This application will allow you to get the most out of your time in the WIC program. For example, entering your card information into the WIC app will allow you to access your personalized list in over 20 different languages.

Other helpful tools related to WIC :

Income Eligibility Guidelines

www.maine.gov/dhhs/mecdc/population-health/wic/documents/Appendix-CE-2-A%20Income%20Eligibility%20Guidelines.pdf

WIC stores Locator

www.maine.gov/dhhs/mecdc/population-health/wic/families/families-find-store.shtml

Resources used

<https://www.maine.gov/dhhs/mecdc/population-health/wic/families/familieseligible.shtml>
<https://www.fns.usda.gov/wic/about-wic-glance>
<https://www.maine.gov/dhhs/mecdc/population-health/wic/applicants/benefits-of-wic.shtml>