



The Women, Infant and Children Nutrition Program (WIC) Is coming to Rangeley Health and Wellness!

(Office hours will be held in lower level of Rangeley Family Medicine Facility)

Pregnant, postpartum and breastfeeding women, infants and children under 5 receive vouchers for healthy foods like vegetables, fruits, whole grains, milk, infant formula, cheese, eggs, beans, cereal, juice, peanut butter and more.

Each WIC participant can save about \$60/month on groceries.

If you or your child receive MaineCare you are eligible for WIC.

If you do not, we can go by the income guidelines below:

Number of Person(s) in Household	Annual	Monthly	Bi-Weekly	Weekly
1	\$22,459	\$1,872	\$864	\$432
2	\$30,451	\$2,538	\$1,172	\$586
3	\$38,443	\$3,204	\$1,479	\$740
4	\$46,435	\$3,870	\$1,786	\$893

Call us at 645-3764 with any questions or to set up and appointment or visit www.maine.gov/wic