

## Food Programs

- **Women, Infants, & Children (WIC)**
- **Local Food Banks**
- **Meals on Wheels for Seniors**
- **Food Stamps**

### **WIC (WOMEN, INFANTS AND CHILDREN)**

Women who are pregnant or families with children at or under the age of 5 years old are encouraged to participate in this program. WIC offers evening appointments and has a clinic near you in Buxton, Biddeford, Kittery, Limerick, Sanford and South Berwick.

### **EDUCATION:**

Nutritionists provide clients with nutrition and health information

### **HEALTHY FOODS:**

Clients receive store coupons for free milk, cheese, eggs, juice, cereal, peanut butter, beans, tuna, carrots and infant formula. In summer months, clients receive coupons for fresh fruits and vegetables offered at farmer's markets.

### **BREAST FEEDING SUPPORT:**

Counselors help moms provide the best nutrition for their babies by answering questions and hosting breastfeeding clinics. Electric breast pumps are available to moms who need them.

### **DENTAL HYGIENE CLINICS:**

Registered dental hygienists provide free preventive care to WIC children. Examinations, cleanings, fluoride treatments and sealants are offered at the WIC office.

### **BOOKS:**

The WIC program offers free children's books at every WIC visit. Children can also borrow a book from the WIC library.

### **LOCAL FOOD BANKS**

#### **Waterboro Community Pantry**

(207) 247-7789

1<sup>st</sup> Tuesday each month 4:00 PM to 7:00 PM

All other Tuesdays open 1:00 PM to 4:00 PM

SAT: OPEN FOR DONATIONS FROM 2:00 PM to 4:00 PM

#### **Food Pantry/Bakery (across from York County Shelter)**

(207) 324-8811

Food Pantry: Mon - Fri 1:00 PM - 4:00 PM

Bakery: Mon - Fri 9:00 AM to 3:00 PM

**Meals on Wheels for Seniors**

Providing the Meals on Wheels Program. This service supplies meals to homebound seniors or those with mobility limitations. There are several community meal sites in our area where seniors can come to enjoy a nutritious meal and social opportunities. In Waterboro this community meal program is offered on the 2nd and 4th Thursdays of each month (excepting holiday Thursdays) at the Mountaineers Ski Mobile Club on Old Alfred Road. The meal is served at noon. No fee is required but donations are encouraged.

**Contact:**

[Southern Maine Agency On Aging](#)

307 Cumberland Avenue, PO Box 10480

Portland, ME 04104

(800) 427-7411

**FOOD STAMPS**

This program no longer uses the paper food stamps but provides the recipients with a debit card. Monthly amounts are applied to the card automatically. Individuals can use this debit card without the stigma attached to the paper stamps in all grocery and convenience stores. After each transaction a receipt is generated showing the balance still remaining.

**Contact:**

[Department of Human Services](#) (DHS)

Midtown Mall

Sanford

(207) 490-5400