Reminders

**WIC is still open!**

We are conducting appointments over the phone.

**If you currently have a scheduled WIC appointment**

Please be prepared to answer your phone at that time. Staff will conduct a phone appointment and your checks will be sent to you in the mail.

**If you do not have a scheduled WIC appointment**

Please do not come to the office. Call 207-992-4571 and arrangements will be made to conduct a phone appointment with you as soon as possible.

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**EWIC IS COMING SOON!**

This summer we will begin converting from checks to the eWIC cards but the new food list is active now! Review the new food options here!

![Image](https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-food-benefits.shtml)

**Information from the CDC on stress and how to cope during the COVID-19 outbreak**


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**National WIC Association PREGNANCY, BREASTFEEDING AND COVID-19 GUIDANCE**


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**Our Peer Counselor is here for you!**

**In Observance of Memorial Day, WIC staff will be unavailable on Monday May 25th, 2020.**

![Image](https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-food-benefits.shtml)

To make WIC shopping easier during this time, Maine WIC is allowing some substitutions. Please call your local WIC agency or 1-800-437-9300 with questions.

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**If you are breast-feeding, have one of our loaner electric breast pumps, or are in need of a pump,** Mitchell Kohls is available 24/7 to answer questions and provide additional support. She can be reached via call, text, and video chat. If you aren’t already a member of her services please call 992-4571 to get connected!