

# Government and County Resources

## 2-1-1 Maine

211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. You can reach 211 via phone, text, email, or by searching the online database.

<https://211maine.org/>

## Supplemental Nutrition Assistance Program (SNAP)

Food assistance benefits to help low income households buy the food they need for good health.

<https://www.benefits.gov/benefits/benefit-details/1272>

## Women, Infants, and Children (WIC)

Nutrition program for Maine families that helps ensure that children grow up strong and healthy. WIC is available to anyone living in Maine and applicants can be any of the following:

- Women who are pregnant, breastfeeding or had a baby in the last six months.
- Infants and children up to the age of 5, including adopted and foster children.
- Fathers may apply for their children

<http://www.maine.gov/dhhs/mecdc/health-equity/wic/index.shtml>

## My Maine Connection

Apply for food, health care, cash assistance, and child care benefits online. View information about your case, complete your recertification and view your entire benefit history from the last 12 months.

<https://www1.maine.gov/benefits/account/login.html>

## Eastern Area Agency on Aging (Meals on Wheels, Commodity Supplemental Food Program)

Information, options and services for seniors, adults with disabilities and caregivers. <http://www.eaaa.org/>