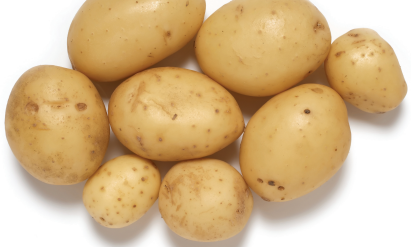


MAINE WIC
NUTRITION PROGRAM

PARTICIPANT BOOKLET
Effective June 6, 2016

Department of Health and Human Services
Maine People Living Safe, Healthy and Productive Lives

Paul R. LePage, Governor
Mary C. Mayhew, Commissioner

FRUITS AND VEGETABLES

Check will say 'Fresh only' or 'Fresh, Frozen or Canned'

FRESH

MAY BUY:

- Any type or variety of fresh fruits and vegetables
- Bagged fruits and vegetables
- Cut fruit and vegetables (without dip)
- Garlic (not on a string)
- Organic or non-organic

DO NOT BUY

- Pickled vegetables or olives
- Items from the salad bar
- Party trays and fruit baskets
- Decorative or dried fruit or vegetables and painted pumpkins
- Herbs and spices like basil, parsley, or chives

CANNED

MAY BUY:

- Any package size, brand or mixture of fruits or vegetables
- Fruit must be packed in water or 100 % fruit juice
- May be in pouches, metal cans or glass or plastic jars
- Organic or non-organic

DO NOT BUY

- Sweet potatoes, yams or pie filling
- Pickled, marinated or in cheese sauce
- Home-canned vegetables
- Sauces- Pizza, pasta, spaghetti, or marinara
- Tomatoes with flavoring like garlic or basil
- Cream style corn or olives
- Cranberry sauce, soup, ketchup or salsa
- Fruits in gel or jello

FROZEN

MAY BUY:

- Any type or variety of frozen fruits or vegetables
- Organic or non-organic

DO NOT BUY

- Vegetables with added cheese, sauce, pasta, nuts, seasoning, flavoring, breading, or oil
- Fruits with added sugars or artificial sweeteners
- French fries, tater tots or twice-baked potatoes
- Sorbet or fruit bars

BABY FOOD

CEREAL

BUY ONLY:
8 oz boxes of Beech-Nut

- Multigrain*
- Oatmeal*
- Rice*

*Kosher

DO NOT BUY

- Infant cereal with added fruit, probiotics, protein or DHA/ARA
- Organic

- 24 oz Beech-Nut Baby Cereal **= 3 boxes**

FRUITS & VEGETABLES

BUY ONLY:
4 oz jars of Beech-Nut Classics Stage 2

FRUIT:

- Applesauce*
- Apples and Bananas
- Apples and Blueberries*
- Apples and Cherries
- Apples, Mango and Kiwi
- Apples, Pears and Bananas
- Apricots with Pears and Apples*
- Bananas*
- Banana and Mixed Berries
- Banana and Strawberries
- Mango
- Peaches
- Pears*
- Pears and Pineapple
- Pears and Raspberries

VEGETABLES:

- Corn and Sweet Potato
- Garden Vegetables*
- Mixed Vegetables
- Squash*
- Sweet Potatoes*
- Sweet Carrots*
- Sweet Peas*
- Green Beans

*Kosher

- 32 oz Beech-Nut Classics Stage 2 Inf Frts or Veg **= 8 jars**

- 64 oz Beech-Nut Classics Stage 2 Inf Frts or Veg **= 16 jars**

MEATS

BUY ONLY:
2.5 oz jars of Beech-Nut Classics Stage 1

MEATS:

- Beef and Beef Broth
- Chicken and Chicken Broth
- Turkey and Turkey Broth

- 38 oz Beech-Nut Classics Stage 1 Infant Meats **= 15 jars**

- 40 oz Beech-Nut Classics Stage 1 Infant Meats **= 16 jars**

INFANT FORMULA

Brand, type & size listed on check.

BREAST MILK

Complete nutrition for your baby.

BEANS, PEAS, LENTILS, EGGS, PB, FISH

DRIED BEANS, PEAS, LENTILS

BUY ONLY:
1 lb (16 oz) bag

MAY BUY:
- Any type of dried beans, peas or lentils

DO NOT BUY
- Organic
- Beans with added sugars, seasoning or flavorings
- Soup mixes

CANNED BEANS

BUY ONLY:
15 to 16 oz cans

MAY BUY:
- Any type, low sodium or regular
- Refried beans

DO NOT BUY
- Green beans, wax beans, green peas (these can be purchased with the fruit and vegetable check)
- Baked beans, pork and beans, soup mix, added flavors, sugars, seasonings or meats
- Organic

Participants are encouraged to purchase the least expensive brand available.

EGGS

MAY BUY:
- Full dozen, any size
- Brown or white shells

DO NOT BUY
- Organic
- Cage free, free-range or free-running
- Vegetarian fed
- Omega-3
- Low cholesterol

PEANUT BUTTER

MAY BUY:
16 to 18 oz jar

- Any brand of creamy, chunky or crunchy

DO NOT BUY
- Organic, flavored or reduced/low fat
- Peanut butter with added ingredients such as honey, jelly, chocolate, omega-3, vitamins and minerals
- Squeezable or peanut butter spreads

CANNED FISH

MAY BUY:
3.75 to 15 oz containers packed in water

- Chunk or light tuna
- Pink salmon
- Sardines

DO NOT BUY
- Albacore, solid white or yellow fin tuna
- Any type of salmon other than pink
- Flavored or seasoned with ingredients
- Kippered fish
- Oil packed

MILK, SOY BEVERAGE

Participants are encouraged to purchase the least expensive brand available.

MILK

MAY BUY:
Size and type listed on check:

- No Fat (skim) or Lowfat (1/2% or 1%)
- Reduced Fat (1 1/2% or 2%)
- Whole
- Lactose Free
- Nutrish
- Nonfat dry
- UHT

DO NOT BUY

- Flavored, organic or raw milk
- Goat's milk
- Glass bottles

QUART

HALF GALLON

ONE GALLON

SOY BEVERAGE

MAY BUY ONLY IF PRINTED ON CHECK:
If check lists half gallons, 2 quarts may be purchased for each half gallon on check.

Silk Soymilk, Original Half Gallon (64 oz) Refrigerated only

8th Continent Fortified Soy Beverage, Original Half Gallon (64 oz) Refrigerated only

Pacific All Natural Ultra Soy Non-Dairy Beverage, Original, Quart (32 oz) Shelf Stable only

CHEESE, TOFU, YOGURT

CHEESE

MAY BUY:
Two (2) 8 oz packages or one (1) 16 oz package of block, shredded or sliced of reduced fat or regular

- American
- Cheddar
- Colby Jack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss
- String cheese

+ = 1 pound

8 ounces 8 ounces

= 1 pound

16 ounces

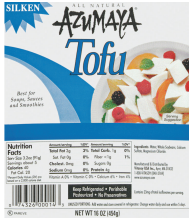
DO NOT BUY

- Package sizes other than 8 oz or 16 oz
- Deli or random weight cheese or individually wrapped slices
- Cubed, wheels, dips, wedges, or cracker cuts
- Imported or organic
- Cheese food, whips or spreads, or with added seasonings

TOFU

BUY ONLY:
16 oz package

- Azumaya (All Natural) - Extra Firm, Firm or Silken
- Nasoya (Organic) - Silken or Super Firm Vac Pack



DO NOT SELL

- Cubed or flavored

YOGURT

BUY ONLY:
Type listed on check
(Whole or lowfat/ nonfat)
32 oz container (quart)
May be Greek or regular

- Best Yet
- Cabot
- Chobani
- Coburn Farms
- Dannon
- Great Value
- Green Mountain Creamery
- Hannaford
- Lucerne
- Market Basket
- Open Nature
- Shurfine
- Stony Field Farms
- Taste of Inspirations
- Yoplait

Flavors include: Plain, vanilla, strawberry or blueberry

OATMEAL, RICE, TORTILLAS, PASTA, BREAD

OATMEAL

BUY ONLY:
16 oz packages

- McCann's Quick Cooking Irish Oatmeal
- McCann's Steel Cut Irish Oatmeal
- McCann's Quick and Easy Natural Steel Cut Irish Oatmeal
- Mom's Best Naturals Quick Oats
- Mom's Best Naturals Old Fashioned Oats

DO NOT BUY

- Individual/single-serve packets
- Flavored or organic oatmeal

BROWN RICE

BUY ONLY:
14 to 16 oz package

- Any brand of regular, quick, or instant brown rice
- Basmati Brown, Jasmine Brown or Boil in Bag Brown Rice

DO NOT BUY

- White, seasoned, wild, mixes or organic rice
- Frozen, single-serve or ready to serve packets

TORTILLAS

BUY ONLY:
16 oz package of soft shell

- Chi Chi's White Corn Tortillas
- Chi Chi's Whole Wheat Tortillas
- Hannaford Whole Wheat Tortillas
- Herdez Corn Tortillas
- Herdez Whole Wheat Tortillas
- Market Basket Whole Wheat Tortillas
- Mission Whole Wheat Tortillas
- Mission Yellow Corn Tortillas
- Ortega Whole Wheat Tortillas
- Santa Fe White Corn Tortillas
- Santa Fe Whole Wheat Tortillas
- Santa Fe Yellow Corn Tortillas
- Shurfine Whole Wheat Tortillas

WHOLE WHEAT PASTA

BUY ONLY:
16 oz packages listed below:

GREAT VALUE PASTA:

- Whole Wheat Spaghetti

HODGSON MILL PASTA:

- Whole Wheat Angel Hair
- Whole Wheat Elbows
- Whole Wheat Spaghetti
- Whole Wheat Spirals
- Whole Wheat Thin Spaghetti

RONZONI HEALTHY HARVEST PASTA:

- Whole Grain Linguine
- Whole Grain Penne Rigate
- Whole Grain Rotini
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti

SHURFINE PASTA:

- 100% Whole Wheat Penne
- 100% Whole Wheat Spaghetti

BREAD

BUY ONLY:
Size listed on check
16oz package of bread listed below

Arnold Stoneground 100% Whole Wheat Bread 16oz

Best Yet 100% Whole Wheat Bread 16oz

Hannaford 100% Whole Wheat Bread 16oz

Market Basket 100% Whole Wheat Bread 16oz

Pepperidge Farm 100% Whole Wheat Bread 16oz

Pepperidge Farm Very Thin 100% Whole Wheat Bread 16oz

Sara Lee 100% Whole Wheat Bread 16oz

Signature Kitchen No Salt Added Whole Wheat Bread 16oz

Signature Kitchen 100% Whole Wheat Bread 16oz

Sunbeam 100% Whole Wheat Bread 16oz

Weight Watchers Multigrain Bread 16oz

Wonder 100% Whole Wheat Bread 16oz

FOR WOMEN FULLY BREASTFEEDING MULTIPLE BABIES ONLY

24 oz package of bread listed below

Arnold Whole Grain 100% Whole Wheat Bread 24oz

Country Kitchen 100% Whole Wheat Bread 24oz

Freihofer's Hearty 100% Whole Wheat Bread 24oz

If a WIC approved bread is not available when you choose to buy your Whole Grain Item, consider purchasing WIC approved whole wheat pasta, oatmeal, tortillas or brown rice.

DO NOT BUY

- Buns, rolls, bagels or English muffins
- Deli or bakery bread
- Organic or white bread

CEREAL

NAME BRAND
BUY ONLY:
12 oz box or larger

80 WAYS TO BUY 36 OZ OF CEREAL

18 oz	18 oz	Totals 36 oz
12 oz	12 oz	12 oz	Totals 36 oz
15 oz	21 oz	Totals 36 oz
12 oz	24 oz	Totals 36 oz

GENERAL MILLS:

- Berry Berry Kix
- Cheerios
- Corn Chex
- Honey Kix
- Kix
- Multigrain Cheerios
- Rice Chex
- Wheat Chex
- Whole Grain Total

KELLOGG'S:

- All-Bran Complete Wheat Flakes
- Corn Flakes
- Crispix
- Frosted Mini-Wheats Little Bites
- Frosted Mini-Wheats Original
- Mini-Wheats Unfrosted
- Rice Krispies
- Special K Original

MALT-O-MEAL:

- Crispy Rice
- Frosted Mini Spooners
- Oat Blenders with Honey
- Oat Blenders with Honey & Almonds
- Original Hot Wheat Cereal

OTHER:

- Quaker Life (Original)
- Sunbelt Simple Granola
- Whole Grain Cream of Wheat

POST:

- Alpha-Bits
- Bran Flakes
- Grape Nuts Flakes
- Grape Nuts Original
- Honey Bunches of Oats
- Honey Bunches of Oats with Almonds
- Honey Nut Shredded Wheat

GENERIC

BUY ONLY:
12 oz box or larger

BEST YET:

- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Oat Wise (regular)
- Toasted Oats

GREAT VALUE:

- Corn Flakes
- Crisp Rice
- Frosted Shredded Wheat
- Toasted Corn
- Toasted Oats
- Toasted Rice
- Toasted Wheat

HANNAFORD:

- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Nutty Nuggets
- Tasteeos
- Toasted Corn
- Toasted Wheat
- Wheat Flakes

IGA:

- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Tasteeos/ Toasted Oats

MARKET BASKET:

- Corn Flakes
- Crispy/Crisp Rice
- Frosted Shredded Wheat
- Oat Wise (regular)
- Square-shaped Corn Biscuits
- Square-shaped Wheat Biscuits
- Tasteeos/Toasted Oats
- Toasted Rice Flakes

SAVE-A-LOT:

- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Rollin' Oats

SHURFINE:

- Corn Flakes
- Corn Squares
- Crisp Rice
- Frosted Shredded Wheat Bite Size
- Toasted Oats
- Wheat Squares

SIGNATURE KITCHEN:

- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Toasted Oats

KEY: WHOLE GRAIN · FOLIC ACID

JUICE

100% JUICE – BOTTLED LIQUID

BUY ONLY:
64 oz bottles (for children only)

DO NOT BUY
- Juice drinks with added sugar, juice cocktails, or organic

WIC cannot pay the 5 cent bottle deposit. WIC participants must pay the deposit for each bottle of juice.

APPLE AND EVE:
- Apple

BEST YET:
- Apple
- Grape

GREAT VALUE:
- Apple
- Grape
- White Grape

HANNAFORD:
- Apple
- Grape
- White Grape

IGA:
- Apple
- Grape

JUICY JUICE:
- All flavors

LANGERS:
- Apple
- Grape
- Red Grape
- White Grape

MARKET BASKET:
- Apple
- Grape
- White Grape

MOTT'S:
- Apple

OLD ORCHARD:
- Apple
- Grape
- White Grape

SHURFINE:
- Apple
- Grape
- White Grape

SIGNATURE KITCHEN:
- Apple
- Grape
- White Grape

TIPTON GROVE:
- Apple
- Grape

WELCH'S:
- Grape
- Red Grape
- White Grape

JUICE

100% JUICE – FROZEN CONCENTRATE

BUY ONLY:
11.5 to 12 oz cans (for women only)

DO NOT BUY
- Juice drinks with added sugar, juice cocktails, or organic

BEST YET:
- Apple
- Grape

DOLE:
- All flavors of 100% juice

GREAT VALUE:
- Apple
- Grape

HANNAFORD:
- Apple
- Grape

LANGERS:
- Apple

MARKET BASKET:
- Apple

OLD ORCHARD (GREEN TOP ONLY):
- All flavors of 100% juice

SENECA:
- Apple
- Grape

SHURFINE:
- Apple

SIGNATURE KITCHEN:
- Apple

TIPTON GROVE:
- Apple

WELCH'S (YELLOW PULL TAB ONLY):
- All flavors of 100% juice

ANY BRAND:
- Orange

ANY BRAND:
- Grapefruit

100% JUICE – LIQUID CONCENTRATE

BUY ONLY:
11.5 oz cans (for women only)

DO NOT BUY
- Juice drinks with added sugar, or organic

WELCH'S(YELLOW TOP ONLY):
- All flavors