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# RIGHTS & RESPONSIBILITIES

## YOUR RIGHTS:

- All information you give WIC will be kept private.
- Standards for eligibility for WIC are the same for everyone, regardless of race, color, national origin, age, disability or sex.
- If you feel you have been discriminated against, you may file a complaint.

## YOUR RESPONSIBILITIES:

- Bring all documentation requested to each appointment.
- Report address and/or phone changes to your local WIC office.
- Keep your WIC checks safe; lost/stolen checks may not be replaceable.

## IF I VIOLATE THE PROGRAM RULES ABOVE, I OR MY FAMILY:

- May be taken off the program for up to one year
- Will have to pay money back to the program for foods or formula I should not have received
- May face legal charges

I have been advised of my rights and responsibilities as a WIC Program participant. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification information is being submitted in connection with the receipt of federal supplemental nutrition assistance. Program officials may verify information I have provided.

## I UNDERSTAND I MAY BE DROPPED FROM THE WIC PROGRAM IF:

- I or my child(ren) participate in more than one WIC Program at a time (dual participation).
- I provide false information about income, family size and residence location (fraud).
- I or my proxy spends WIC checks at a vendor (store, farm stand or farmers' market) that is not authorized to accept them (fraud).
- I or my proxy buys non-WIC foods with WIC checks (trafficking).
- I or someone on my behalf sells, trades, or gives away WIC checks (trafficking).
- I or someone on my behalf returns WIC foods for cash, credit or non-WIC foods (trafficking).
- I or someone on my behalf sells or trades breast pump(s) owned or rented by WIC, or WIC foods, including infant formula, which was purchased with WIC checks for cash, credit, or other foods or services (trafficking).
- I or someone on my behalf gives away breast pump(s) owned or rented by WIC or WIC foods, including infant formula, which was purchased with WIC checks (fraud).
- I or someone on my behalf makes changes to my WIC check(s) (forgery).
- I or someone on my behalf posts WIC items for sale, exchange or free on any media, including social media (such as Facebook), Craigslist, Ebay, television, radio, newspaper or other online forum (trafficking).
- I or someone on my behalf verbally or physically abuses WIC or grocery store staff (abuse).

## SIGNATURE OF PARTICIPANT ENROLLING IN WIC PROGRAM:

Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine Relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.

### USDA Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

fax: (202) 690-7442; or  
email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



## NON-DISCRIMINATION NOTICE:

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to:

ADA Compliance/EEO Coordinator  
11 State House Station  
Augusta, Maine 04333  
Telephone: (207) 287-4289/ (207) 287-3488  
TTY users call Maine Relay 711

USDA Director, Office of Adjudication  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410  
Toll free (866) 632-9992 (voice)

Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/ EEO Coordinators, 11 State House Station, 221 State

# TIPS FOR USING YOUR WIC CHECK

## MAINE WIC NUTRITION PROGRAM

Department of Health and Human Services  
11 SHS, Augusta, Maine 04333 - 1-800-437-9300 - www.WICforME.com

NAME OF PARTICIPANT					FIRST DAY TO USE	LAST DAY TO USE	CHECK NUMBER
SAMPLE CHECK					3/23/2016	4/22/2016	03356295
PARTICIPANT I.D.	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE	STAMP BELOW		
10043571							
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):					AMOUNT		
2	Gallon(s) 1% or Skim Milk				\$		
1	Pound(s) WIC Approved Cheese						
1	Dozen WIC Approved Eggs						
2	Can 11.5-12oz Frzn or Liq Concentrate Juice						
36	Ounces WIC Approved Cereal						
16	Ounces WIC Approved Whole Grain Item						
XXX END OF ORDER XXX							
					DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR		
					X		
					SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY		

1. Use your WIC checks only at WIC approved stores.

2. Look at the dates on the WIC check. The first date is the first day you can use the check. The second date is the last day you can use the check. You can use any number of WIC checks at one time that are within these dates.

3. Look at the foods listed and the amount of each item you can buy with your check. For example, the number of gallons of milk, ounces of cereal, or cans of juice you can buy is listed here. Always read your WIC Approved Food List to see what food you can buy.

4. Separate WIC foods at the checkout from other foods you are buying. If you are spending more than one check, group the foods for each check together.

5. Give your WIC folder and the checks you are using to the cashier before items are scanned.

6. Write the total price of the WIC items on the check unless it is printed automatically by the store's cash register.

7. Sign on the front of the check in the bottom right corner and then give the check back to the cashier. The cashier will make sure your signature matches the signature of the authorized representative, participant or the proxy on the WIC Folder.

8. If you purchased bottled juice, you will need to pay a bottle deposit.

9. Be sure to get your folder and receipt before leaving the checkout.

# TIPS FOR USING FRUIT & VEGETABLE CHECKS

MAINE WIC NUTRITION PROGRAM Department of Health and Human Services  
11 SHS, Augusta, Maine 04333 - 1-800-437-9300 - www.WICforME.com

NAME OF PARTICIPANT					FIRST DAY TO USE	LAST DAY TO USE	CHECK NUMBER
SAMPLE CHECK					3/23/2016	4/22/2016	03356297
PARTICIPANT I.D.	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE	STAMP BELOW		
10043571							
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):					AMOUNT		
\$11.00 For Fresh, Frozen or Canned Fruits &/or Vegetables XXX END OF ORDER XXX					\$		
					DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR		
					X		
					SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY		

If the total cost of all fruits & vegetables you buy is more than the value printed on the fruit & vegetable check, you must pay the difference.



The fruit & vegetable check can be used at WIC approved stores, farmer's markets or farm stands.

## 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



## USING YOUR FRUIT & VEGETABLE CHECK

1. The Fruit and Vegetable Check can be used at a WIC approved store, farmers' market or farm stand.
2. Look at the dates on the WIC check. The first date is the first day you can use the check. The second date is the last day you can use the check. You can use any number of WIC checks at one time that are within these dates.
3. Look at the dollar amount listed on your check that WIC will cover.
4. Group all of the fruits and vegetables together at the checkout.
5. Give your WIC folder and the checks you are using to the cashier before items are scanned.
6. Fill in the price of the check. Amount written cannot exceed check value. If total purchase amount is more than the fruit and vegetable check value, then you must pay the difference. For example, the value of your Fruit and Vegetable Check is \$11.00. The total of your purchase is \$12.00. You must pay the extra \$1.00. If your fruit and vegetable purchase is less than the check value, you will not receive change back.
7. Sign on the front of the check in the bottom right corner and then give the check back to the cashier. The cashier will make sure your signature matches the signature of the authorized representative, participant or the proxy on the WIC Folder.
8. Be sure to get your folder and receipt before leaving the checkout.

# 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



## CANNED FISH

**MAY BUY:**

3.75 to 15 oz containers packed in water

- Chunk or light tuna
- Pink salmon
- Sardines



## 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



### 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, CHEESE, TOFU, YOGURT

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



QUART



HALF GALLON



ONE GALLON

### DO NOT BUY

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

## 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

### 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



### 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



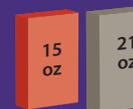
**WAYS TO BUY**  
**36 OZ OF CEREAL**



Totals 36 oz



Totals 36 oz



Totals 36 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 ●
- Tosteos ●
- Toasted Corn
- Toasted Wheat ● ●
- Wheat Flakes ●



### IGA:

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



### MARKET BASKET:

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



### SHUR-FINE:

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



### SIGNATURE KITCHENS:

- 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

## 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 TOP 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)

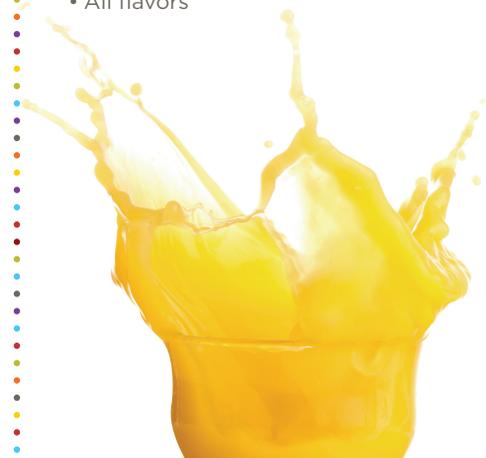
### DO NOT BUY

- Juice drinks with added sugar, or organic



#### WELCH'S (YELLOW TOP ONLY):

- All flavors



# WHAT WIC PROVIDES



## WIC PROVIDES GOOD FOOD AND A WHOLE LOT MORE

WIC is a nutrition program that provides nutrition and health education, breastfeeding support, healthy food and referrals to other services to Maine families that qualify. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children.

WIC offers families:

- Breastfeeding promotion and support
- Checks to buy healthy food
- Health and social service referrals
- Immunization screening and referrals
- Tips for eating well to improve health

WIC nutrition staff meet with each WIC participant to:

- Review nutrition and health behaviors
- Provide individual nutrition advice
- Support families making changes for better health
- Offer a selection of healthy foods



# FREQUENTLY ASKED QUESTIONS



### **If I am eligible for WIC, how long can I get benefits?**

- While pregnant
- Up to one year after delivery if you are breastfeeding your baby
- Up to six months after delivery if you are not breastfeeding
- Up to a child's fifth birthday

### **What if I move?**

If you plan to move somewhere else in Maine, you can check our website for a listing of all WIC offices in the state at [wicforme.com](http://wicforme.com). If you plan to move out of Maine, please let WIC staff know.

### **What is a proxy?**

A proxy is someone you trust. You give this person permission to use your WIC checks at the grocery store or to attend WIC appointments for you.

If you assign someone to be a proxy, that person must:

- Sign the back of this WIC folder
- Bring it to the store when using WIC checks
- Understand what foods to buy and how to use the WIC checks
- Bring this folder to a WIC appointment along with a form of identification

### **Can I participate in more than one WIC program at the same time?**

No.

### **Why can't WIC staff talk to other family members or my friends about my child or me?**

The WIC program protects your right to privacy. WIC will not share any information without your permission. This includes appointment times and medical information. However, if a WIC staff member believes that a child is in danger, she or he is required by law to report this to a DHHS staff member who will follow up with the family.

### **What if I lose my WIC checks or lost, stolen or damaged?**

Notify your WIC office right away. Treat your WIC checks like cash. Keep them in a safe place.

### **Do I need to purchase everything listed on my WIC check?**

No, you are not required to pick up everything on your WIC check. Purchase the foods that you know you will use.

### **What if I have spent all of my WIC checks and my baby is out of formula?**

WIC can only provide a certain amount of formula each month. As your baby gets older, he or she may need more formula than you receive from WIC. If this happens, you will have to buy the extra formula until your next WIC checks begin.

# WHAT TO BRING TO YOUR WIC APPOINTMENT

## **Proof of identification for yourself and each person who is applying for WIC (examples):**

- Military, photo, passport or school ID
- Driver's license
- Birth certificate
- MaineCare card (or paperwork)
- Shot/immunization records
- Foster care/adoption paperwork
- Social Security card

## **Proof of residency (examples):**

- Envelope that was mailed to your home address
- Utility bill
- Rent receipts
- Official letter
- Driver's license with your home address

## **Proof of household income for all people living in your house (examples):**

- Paycheck stubs for current job
- Tax return for previous year (only if current income is the same)
- Eligibility paperwork for MaineCare, TANF or SNAP (Food Stamps)

