



*Department of Health  
and Human Services*

*Maine People Living  
Safe, Healthy and Productive Lives*

*Paul R. LePage, Governor*

*Mary C. Mayhew, Commissioner*

**WIC**

**Nutrition Program**





## Welcome to the WIC Nutrition Program!

**You are now part of the best nutrition  
program in the United States!**

The WIC Nutrition Program serves over 23,000 Maine women and children every month. About 300 grocers and 300 farmers in the state accept WIC checks and offer foods approved by WIC.

Nutrition and breastfeeding professionals work at every local WIC agency to provide:

- Checks to buy healthy foods in grocery stores, farm stands and Maine farmers' markets
- Health and nutrition information as well as referrals to meet your needs
- Tips for a healthy pregnancy
- Breastfeeding support, including breastpumps
- Ideas for feeding infants and young children
- Information about infant and child development
- Guidance on proper growth and weight gain
- Blood iron level screenings

### **WIC Participant Folder**

Your WIC Participant Folder is your WIC identification for when you shop.

- You must bring this to your WIC appointments.
- You must show the signature on this folder to the cashier when you use your WIC checks.

This folder includes important program information, the approved foods list, and holds your WIC checks. It also contains your next appointment date, time and what to bring to your appointments.

## WIC Nutrition Program Participant Responsibilities

### I agree to:

- Attend all scheduled WIC appointments.
- Let WIC staff know if I cannot keep an appointment or will be late.
- Bring proof of income, address, and identification for each person applying.
- Bring identification for myself to all appointments; I understand that WIC staff must verify the identity of anyone who is signing for WIC checks.
- Call the WIC office right away if my checks are damaged, lost, or stolen. I understand that checks cannot be replaced.
- Buy only WIC approved foods with WIC checks.
- Let the WIC staff know if my address or income changes, if I am going to move away, or if I no longer have custody of a child who I enrolled in the program.

### I understand that:

- WIC will give me checks to buy certain foods at WIC authorized grocery stores each month.
- All WIC food provided to each WIC participant is meant only for that person.
- I will be required to repay the cost of the WIC foods and may also face civil or criminal prosecution under state and federal law if found to have:
  - Sold, exchanged or returned WIC foods to a store for cash or non-WIC foods.
  - Sold, or exchanged WIC checks.
  - Given information that is false or misleading.
  - Misrepresented, concealed, or withheld facts regarding income, where I live, or who lives with me.
- Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, creed, national origin, gender, sexual orientation, age, or disability.
- I may appeal any decision made by the local WIC agency regarding my eligibility for the program.

## I may be dropped from the WIC Program if:

- I or my child(ren) participate in more than one WIC Program at a time.
- I or my proxy spend WIC checks at a store, farm stand or farmers' market that is not allowed to accept them.
- I or my proxy buy non-WIC foods with WIC checks.
- I provide false information about income, family size and residence location.
- I or someone on my behalf make changes to my WIC check(s).
- I or someone on my behalf sell, trade, or give away WIC checks.
- I or someone on my behalf return WIC foods for cash, credit or non-WIC foods.
- I or someone on my behalf sell, trade, or give away WIC foods, including infant formula, which was purchased with WIC checks for cash, credit, other foods or services.
- I or someone on my behalf is verbally or physically abusive to WIC or grocery store staff.

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 that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the WIC State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

## Your Rights

In accordance with the 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  
-OR-

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.

## DHHS Non-Discrimination Notice

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 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.

## About WIC

### Why can I buy only certain foods?

WIC foods are chosen for their nutrients. These nutrients are needed by young children and women who are pregnant, breastfeeding or have recently had a baby. WIC foods should be part of a balanced diet and eaten along with other wholesome foods. Your food benefits may include: whole wheat bread and other whole grains, cereal, milk, eggs, cheese, legumes (dried or canned beans, peas or lentils), peanut butter, fresh fruits and vegetables, and 100% fruit juice.

#### WIC FOODS ARE GOOD SOURCES OF THE FOLLOWING:

	Protein	Calcium	Vitamin D	Vitamin A	Vitamin C	Iron	Potassium	Fiber	Folate
Milk	✓	✓	✓	✓					
Cheese	✓	✓							
Fortified Soy Beverage	✓	✓	✓	✓					
Tofu	✓	✓							
Eggs	✓								
Peanut Butter	✓								
Beans	✓					✓		✓	
Canned Fish	✓	✓*	✓*			✓			
Breakfast Cereals						✓		✓**	✓***
Whole Grain Breads and Alternatives								✓	
Fruits & Vegetables				✓	✓		✓	✓	✓
Fruit Juice					✓				
Infant Meats	✓					✓			
Infant Fruits & Vegetables				✓	✓		✓		✓
Infant Cereal						✓			
Infant Formula	✓					✓			

\*Salmon and sardines \*\*If whole grain \*\*\*100% Fortified

*Read the WIC Approved Foods List at the back of this book to see what you can buy with your WIC checks.*

## Frequently Asked Questions

### What can I learn from WIC?

WIC nutrition counselors share information with you about healthy foods for you and your child. They will give you information about breastfeeding support, health and social service referrals (lead testing and shots/immunizations), typical infant and child development and oral health.

Feel free to ask your WIC counselor any questions you may have. If your counselor does not know the answer to your question, they can refer you to someone who does.

### 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 the last page of this folder for a listing of all WIC offices in the state. 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

## How does WIC protect my privacy?

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 they are stolen?

If you believe your WIC checks have been stolen, report it to your local police right away. Lost or stolen WIC checks should also be **reported to your local WIC office immediately**. WIC cannot replace checks that are lost or stolen. Talk to WIC staff about other food assistance in your area for you or your child.

## What if I damage my WIC checks?

If you spill something on your checks or rip them, return the checks to your local WIC office. WIC may replace them.

## How do I buy WIC foods?

When you go to the store, make sure you have this WIC Participant Folder as it includes the WIC Approved Food List, holds your checks and is required at the cash register. Look at the WIC Approved Food List within this folder to make your choices. **You can use your WIC checks only for food on the WIC Approved Food List.**



## Breastfeeding



### **Breastfeed...It's too important not to!**

If you are pregnant, talk to your WIC Counselor about the many benefits of breastfeeding for both baby and mother. Find out how easy it is for you to provide your baby with the healthiest start in life.

### **Breastmilk is the best food for your baby!**

- Breastmilk protects your baby against many allergies and illnesses.
- Breastfeeding creates a very special bond between you and your baby.
- Breastfed babies are less likely to overeat because they control how much they eat. They learn to stop when they are full.
- Breastfeeding is easy, convenient, and free.

## Call your local WIC agency with any breastfeeding questions as most concerns can be easily fixed.

Many WIC agencies in Maine have a Breastfeeding Peer Counselor Program. Peer counselors are available to both listen to your concerns and answer your questions.

### WIC Breastfeeding Peer Counselors are:

- Moms just like you
- Available day and night
- Experienced at breastfeeding
- Trained to help solve breastfeeding concerns
- Trained to know when medical help is needed

### Women on WIC who are fully breastfeeding get extra benefits.

WIC will provide you with food benefits that will help support your body as you make the most wonderful food designed just for your growing baby. You will also get breastfeeding support including a breast pump if you need one.

Fully breastfed babies (ages 6-12 months) are eligible to receive:

- 32 more jars of infant fruits and vegetables per month than a baby who is receiving formula
- 31 jars of infant meat per month
- **The healthiest start to life!**

### Know Your Rights in Maine!

- Employers shall provide reasonable break time and a private place for an employee to express breastmilk for her nursing child for one year after the child's birth.
- Mothers in Maine may breastfeed their baby in any location, public or private, where the mother is otherwise authorized to be.

**It's the Law!**

## Infant Formula

WIC provides only **iron fortified** infant formula. You may receive either a cow's milk-based infant formula or a soy-based infant formula without a prescription. If your baby has a medical need that requires a medical formula, you must have a prescription from your baby's doctor. The prescription must include the specific medical condition.

### **WIC is not able to provide all brands of formula.**

If your doctor recommends a formula brand that is different than what you receive from WIC, contact your WIC counselor for advice on what to do.

### **WIC may not be able to provide all the formula your baby needs.**

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 do I do with unused infant formula that I received from WIC?**

If you do not use all the formula you receive from WIC, all of the unopened cans must be returned to the WIC office. You cannot return formula to the store for cash or credit, and you cannot sell the formula. If you are receiving formula for your baby from another program, please let your WIC counselor know.



## How to use WIC checks

- 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 amount of food you can buy.** 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.**
- 5. Write the total price of the WIC items on the check unless it is printed automatically by the store's cash register.**
- 6. Sign on the front of the check in the bottom right corner and then give the check and your WIC Folder 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.
- 7. Call the local WIC office if you have any questions about WIC approved foods or using your WIC checks.**

MAINE WIC NUTRITION PROGRAM

NAME OF PARTICIPANT: Monty Moore

FIRST DAY TO USE: 12/16/2053

LAST DAY TO USE: 1/15/2054

CHECK NUMBER: 01416788

PARTICIPANT ID: 10000168

AGENCY: CLINIC: FOOD PACKAGE: PI TYPE:

FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED)

	AMOUNT
2 GAL REDUCED FAT, LOWFAT OR SKIM MILK	
1 POUND(S) WIC APPROVED CHEESE	
1 DOZEN WIC APPROVED EGGS	
1 64 OZ 100% BOTTLED LIQUID JUICE	
36 OZ WIC APPROVED CEREAL	
16 OZ WIC APPROVED WHOLE GRAIN ITEM	
XXXX END OF ORDER XXXX	

DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY TO THE CASHIER OF MAINE ARC VENDOR

SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY

1 points to the participant ID field.

2 points to the dates field.

3 points to the list of items field.

4 points to the amount field.

5 points to the amount field.

6 points to the signature line.

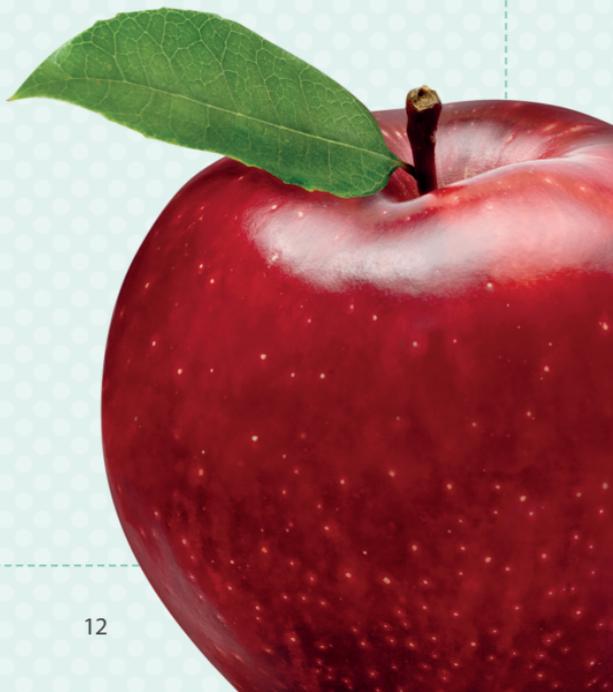
## How to Use a Fruit and Vegetable Check

The Fruit and Vegetable Check will look and be used just like a normal WIC check with the following differences:

- It will have a maximum dollar amount written on it.
- If the total price of the fruits and vegetables you are buying is more than the dollar amount or value of the check, you must pay the difference.
- For example, the value of your Fruit and Vegetable Check is \$6.00. The total of your purchase is \$7.00. 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.

### Helpful Hints

- The Fruit and Vegetable Check can be used at a WIC approved store, farmers' market or farm stand.
- Check newspaper ads or store flyers for weekly specials on fruits and vegetables.
- It is important to compare prices – some prepackaged vegetables and fruits with a fixed price are a better value than the same item priced per pound.





## Participant Food List

# Milk

## Allowed:

- Largest unit size available as listed on check: Gallon, Half Gallon, Quart
- Type specified on check: 1% or nonfat/skim, 2%, or whole milk



One Gallon: GAL  
128 liquid ounces



Half Gallon: HALF GAL  
64 liquid ounces



Quart: QT  
32 liquid ounces

## Allowed only if printed on check:

- Nutrish (Acidophilus)
- Dry
- UHT
- Lactose Free Milk like LactAid, Hannaford Lactose Free, or Shaw's Lactose Free

## Not Allowed:

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

Participants are encouraged to purchase the least expensive brand available.

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# Fortified Soy Beverage

Only allowed if printed on WIC 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

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# Cheese

Two (2) 8 oz. packages or One (1) 16 oz. package = One (1) pound

## Allowed:

- Any brand of block, shredded or sliced cheese
- Reduced fat or regular
  - American
  - Cheddar
  - Colby Jack
  - Monterey Jack
  - Mozzarella
  - Swiss
  - String cheese

## Not Allowed:

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

Participants are encouraged to purchase the least expensive brand available.

## Tofu

16 oz. package or less

### Allowed:

- Nasoya (Organic) – Silken, Soft, Firm, Lite Firm, Lite Silken
- Azumaya (All Natural) – Silken, Firm, Extra Firm Lite Extra Firm

### Not Allowed:

- Cubed or flavored



## Eggs

### Allowed:

- Full Dozen Grade A Any Size
- Brown or White Shells

### Not Allowed:

- Fertile, organic, free-range, free-running, cage free, vegetarian feed, omega-3, natural or low cholesterol

Participants are encouraged to purchase the least expensive brand available.



## Peanut Butter

16 - 18 oz. jar

### Allowed:

- Any brand, creamy or crunchy
- May be all natural (organic not allowed)

### Not Allowed:

- Flavored, reduced/low fat, mixes, omega-3, added vitamins and minerals
- Squeezable, organic, nut spreads

Participants are encouraged to purchase the least expensive brand available.



## Beans/Peas/Lentils

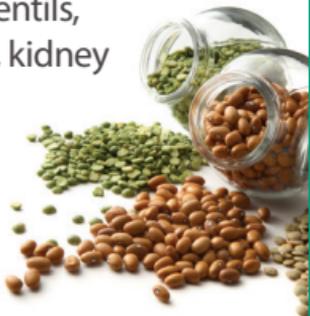
### Allowed:

- Any brand of plain beans/peas/lentils, such as navy beans, black beans, kidney beans, or chickpeas
- Dried – 16 oz. bags only
- Canned – 15 to 16 oz. cans only
- Fat-free refried beans

### Not Allowed:

- Green beans, wax beans, green peas
- Baked beans, soup mix, seasoned, added flavors or meats
- Organic, all natural

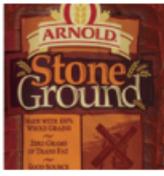
Participants are encouraged to purchase the least expensive brand available.



## WHOLE GRAINS ITEMS

### Bread

Bread (may only purchase size specified on check)  
16 oz. package



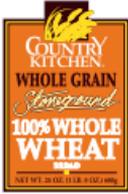
Arnold 100% Whole Wheat Bread



Best Yet 100% Whole Wheat Bread



Bimbo 100% Whole Wheat Bread



Country Kitchen 100% Whole Wheat Bread



Hannaford 100% Whole Wheat Bread



Market Basket 100% Whole Wheat Bread



Pepperidge Farms 100% Whole Wheat Bread



Pepperidge Farms Very Thin 100% Whole Wheat Bread



Shaw's No Salt Added Wheat Bread



Sunbeam 100% Whole Wheat Bread



Sara Lee 100% Whole Wheat Bread

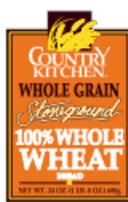


Wonder 100% Whole Wheat Bread

24 oz. package (only if printed on check)



Arnold Whole Grain Classics 100% Whole Wheat Bread



Country Kitchen 100% Whole Wheat Bread



Freihofer's Hearty 100% Whole Wheat Bread

### Not Allowed:

- Specialty breads, such as breads with added fiber or flavors
- Any other whole wheat bread product, such as bagels, English muffins, buns, rolls, and pita bread
- Organic bread

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

## WHOLE GRAIN ITEMS

### Oatmeal

16 oz. package

#### Allowed:

- 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
- Silver Palate Thick and Rough Oatmeal

#### Not Allowed:

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



### Tortillas

16 oz. package

#### Allowed:

- Carlita Soft White Corn Tortillas
- Carlita Whole Wheat Tortillas
- Chi Chi's White Corn Tortillas
- Chi Chi's Whole Wheat Tortillas
- Herdez Corn Tortillas
- Herdez Whole Wheat Tortillas
- Market Basket Whole Wheat Tortillas
- Mission Yellow Corn Tortillas
- Mission Whole Wheat Tortillas
- My Essentials Whole Wheat Tortillas
- Ortega Whole Wheat Tortillas
- Santa Fe Whole Wheat Tortillas
- Santa Fe White Corn Tortillas
- Santa Fe Yellow Corn Tortillas
- Shurfine Whole Wheat Fajita Style Tortillas

#### Not Allowed:

- Hard shell or flour tortillas
- Organic tortillas



### Brown Rice

14 -16 oz. package

#### Allowed:

- Any brand
- Short, medium, or long grain
- Regular, quick, or instant
- Basmati Brown, Jasmine Brown or Boil in Bag Brown Rice

#### Not Allowed:

- Seasoned, wild or organic rice
- Brown rice mixed with wild rice, white rice, or any other type of rice
- Single-serve packets



Participants are encouraged to purchase the least expensive brand available.

## FRUITS AND VEGETABLES

Organic fruits and vegetables are allowed

### Fresh Fruits and Vegetables

#### Allowed:

- Any variety of fresh fruits and vegetables, except white potatoes
- Sweet potatoes and yams
- Salad mixes in bags without croutons, nuts, meat, cheese or dressing
- Pre-cut vegetables
- Garlic - not on a string

#### Not Allowed:

- White potatoes (this includes all potatoes except sweet potatoes and yams)
- Anything from a salad bar
- Fruit baskets or cut vegetables with dip
- Vegetable mixes/salads with croutons, nuts, meats, cheese or dressing
- Decorative or dried fruits or vegetables or mixed fruit and nuts
- Herbs and spices like basil, parsley, or chives
- Garlic on a string

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### Frozen Vegetables

#### Allowed:

- Any brand or size
- Any variety or mixture of vegetables without potatoes
- Any package type, box, or bag
- With or without salt

#### Not Allowed:

- Vegetables with sauce, cheese, seasoned, flavorings, or breadings
- Any potato products including French fries, hash browns, or tater tots
- Vegetables with added pasta or nuts

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### Cans and Jars of Vegetables

#### Allowed:

- Any brand or size
- Any plain single vegetables or mixture without potatoes
- Low sodium, low salt, no salt added
- Yellow beans, green beans, wax beans and green peas can be purchased with the fruit and vegetable voucher

*(All other beans may be purchased with the bean/peas/lentils check)*

#### Not Allowed:

- White potatoes, sweet potatoes, yams or pie filling
- Pickled, marinated, seasoned or in sauce
- Home-canned vegetables, vegetable soup mixes or olives
- Cream style corn

## Canned Tomato Products

### Allowed:

- Any brand or size in metal cans only
- Tomato paste or puree
- Plain diced, stewed, whole or crushed tomatoes
- Low sodium, low salt, or no salt added

### Not Allowed:

- Tomato products in jars, tubes or pouches
- Soup, ketchup or salsa
- Tomato, pizza, pasta, spaghetti, or marinara sauce
- Tomatoes with flavoring like garlic or basil

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## Frozen Fruits

### Allowed:

- Any brand or size with no added sugar or artificial sweetener
- Any variety or mixture of fruits

### Not Allowed:

- Frozen fruits in syrup
- Sorbet, fruit bars or frozen fruit pulps

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## Cans and Jars of Fruits

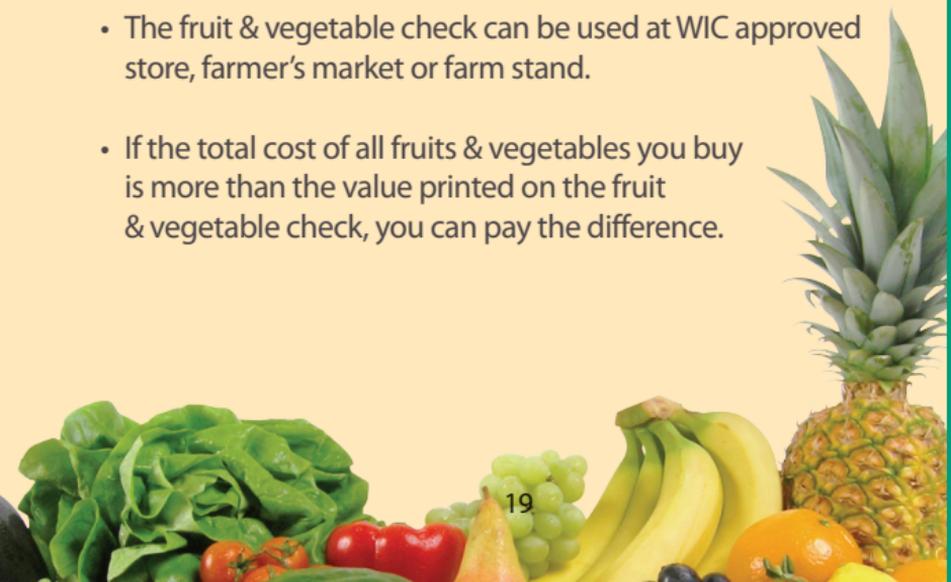
### Allowed:

- Any brand or size
- May be in metal cans or glass or plastic jars
- Packed in water or 100 percent fruit juice
- Applesauce - no sugar added/unsweetened only

### Not Allowed:

- Any syrup: heavy, light/lite, extra light, corn, high fructose corn
- Added sugar, corn syrup, nectar, or lightly sweetened in fruit juice
- Cranberry sauce or pie filling
- Artificial sweeteners or low carb
- Fruits in gel or jello

- The fruit & vegetable check can be used at WIC approved store, farmer's market or farm stand.
- If the total cost of all fruits & vegetables you buy is more than the value printed on the fruit & vegetable check, you can pay the difference.



## 100% JUICE

### 100% Juice - Frozen Concentrate

#### Not Allowed:

Juice drinks with added sugar, juice cocktails, or any organic juice

11.5 -12 oz. cans (for women only)



#### Best Yet

- Apple
- Grape



#### Dole

- All flavors of 100% juice



#### Essential Everyday

- Apple
- Grape



#### 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



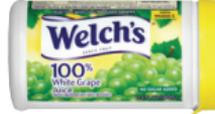
#### ShurFine

- Apple



#### Tipton Grove

- Apple



#### Welch's

- (Yellow Top Only)
- All Flavors of 100% Juice



#### Any Brand

- Orange



#### Any Brand

- Grapefruit

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### 100% Juice - Liquid Concentrate

11.5 oz. cans



#### Welch's

- (Yellow Top Only)
- All Flavors

# 100% Juice - Bottled Liquid

64 oz. bottles (for children only)



## Apple and Eve

- Apple



## Best Yet

- Apple
- Grape



## Essential Everyday

- Apple
- Grape
- White Grape



## Great Value

- Apple
- Grape
- White Grape



## Hannaford

- 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



## My Essentials

- Apple



## Old Orchard

- Apple
- Grape
- White Grape



## ShurFine

- Apple
- Grape
- White Grape



## Tipton Grove

- Apple
- Grape

WIC cannot pay the 5 cent bottle deposit.

WIC participants must pay the deposit for each bottle of juice.

# CEREALS

12 oz. box or larger



Whole Grain Cereal



B9 Folic Acid

## Cereal: Name Brand



Cheerios



Multigrain  
Cheerios



Kix



Berry Berry  
Kix



Honey Kix



Corn Chex



Rice Chex



Wheat Chex



Crispix



Quaker Life  
(Original)



All Bran  
Complete  
Wheat  
Flakes



Whole Grain  
Total



Post Bran  
Flakes



Corn Flakes



Special K  
(Original)



Alpha-Bits



Malt-O-Meal  
Crispy Rice



Rice Krispies



Grape-Nuts



Grape-Nuts  
Flakes



Frosted  
Mini-Wheats  
(Original)



Malt-O-Meal  
Frosted Mini  
Spooners



Honey Nut  
Shredded  
Wheat



Malt-O-Meal  
Original  
Hot Wheat  
Cereal



Whole Grain  
Cream of  
Wheat



Honey  
Bunches of  
Oats



Honey  
Bunches of  
Oats  
w/Almonds



Malt-O-Meal  
Oat Blenders  
with Honey  
& Almonds



Malt-O-Meal  
Oat Blenders  
with Honey



Sunbelt  
Simple  
Granola

# Cereal: Generic



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



- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Crunchy Corn Squares
- Crunchy Oat Squares – Original
- Crunchy Wheat Squares
- Frosted Shredded Wheat
- Good Day Toasted Rice Cereal
- Nutty Nuggets
- Toasted Oats



- Corn Flakes
- Crisp Rice
- Crunchy Nuggets
- Frosted Shredded Wheat
- Toasted Corn
- Toasted Wheat
- Toasted Whole Grain Oats



- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Nutty Nuggets
- Toasted Corn
- Toasted Wheat
- Wheat Flakes



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



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



- Corn Flakes
- Crisp Rice
- Frosted Bite Size Shredded Wheat
- Tasteeos



(also Nature's Crunch, Kiggin's and Mornin' Gem)

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



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

## Ways to Buy 36 oz. of Cereal:



## Canned Fish

Tuna - 5 oz. or 6 oz. can

### Allowed:

- Light only, water packed, any brand

### Not Allowed:

- Oil packaged, sauce (flavored) packed, white, organic, all natural steak or fillet, or albacore



Salmon – 5 oz., 6 oz., 14.75 oz. or 15 oz. can

### Allowed:

- Pink salmon, water packed, any brand

### Not Allowed:

- Oil packed, sauce (flavored) packed, organic, all natural, smoked, Atlantic, Keta, Blueback, red, salmon steak or fillet

Sardines - 3.75 oz. can

### Allowed:

- Water packed, any brand

### Not Allowed:

- Oil packed, sauce (flavored) packed, organic, all natural, kippered fish

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## Infant Formula

- *Brand, size & type listed on check*

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## Infant Cereal

8 oz. boxes

*Brand listed on check*

### Allowed:

- Multigrain\*
- Oatmeal\*
- Rice\*                      \* *Kosher*

### Not Allowed:

- Formula-fortified infant cereal
- Infant cereal with added protein or DHA/ARA
- Organic
- Added fruit

Ways to Buy 24 oz. Cereal:



## INFANTS

### Baby Food Fruits and Vegetables

4 oz. Stage 2 only

Brand listed on check

#### Allowed:

##### Fruit:

- Applesauce\*
- Apples and Bananas
- Apples and Blueberries\*
- Apples and Cherries
- Apples, Mango and Kiwi
- Apples, Pears and Bananas
- Apricots with Pears and Apples\*
- Banana and Mixed Berries
- Chiquita Bananas\*
- Chiquita Bananas 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

#### Not Allowed:

- Goya brand
- Stage 1, Stage 2 ½, or Stage 3
- Cobbler, Desserts, Dinners, or Meat and Fruit/Vegetable combinations
- Added Sugar or DHA/ARA
- Yogurt Blend

### Baby Food Meats

2.5 oz. Stage 1 only

Brand listed on check

#### Allowed:

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



# Useful Phone Numbers

**TTY users call Maine Relay 711 for all DHHS offices.**

*TTY numbers are for people who are deaf or hard of hearing.*

## Department of Health and Human Services

### MaineCare, TANF and SNAP (Food Stamps) Information

Augusta	624-8000	1-800-452-1926
Bangor	561-4100	1-800-432-7825
Biddeford	286-2400	1-800-322-1919
Calais	454-9000	1-800-622-1400
Caribou	493-4000	1-800-432-7366
Ellsworth	667-1600	1-800-432-7823
Farmington	778-8400	1-800-442-6382
Fort Kent	834-7700	1-800-432-7340
Houlton	532-5000	1-800-432-7338
Lewiston	795-4300	1-800-482-7517
Machias	255-2000	1-800-432-7846
Portland	822-2000	1-800-482-7520
Rockland	596-4200	1-800-432-7802
Sanford	490-5400	1-800-482-0790
Skowhegan	474-4800	1-800-452-4602
South Paris	744-1200	1-888-593-9775

<b>Statewide Directory 211 Maine:</b>	211
<b>Fuel Assistance/Home Energy</b>	1-800-442-6003
<b>Housing Hotline</b>	1-800-438-3890
<b>Lead Poisoning Prevention Program</b>	1-800-698-3624 TTY 711
<b>MaineCare Member Services</b>	1-800-977-6740 TTY 711
<b>Pine Tree Legal Assistance</b>	
Augusta	622-4731
Bangor	942-8241
Lewiston	784-1558
Machias	255-8656
Portland	774-8211
Presque Isle	764-4349
<b>Poison Center</b>	1-800-222-1222 TTY 711
<b>Suicide Prevention: Crisis and Counseling</b>	1-888-568-1112
<b>Water test kits</b>	207-287-1716

## WIC Programs in Maine

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### Aroostook County Action Program

#### *Aroostook County*

Presque Isle.....768-3026 / 1-800-432-7881

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### City of Bangor, Health & Community Services Dept.

#### *Penobscot and Piscataquis Counties*

Bangor.....992-4570 / 1-800-470-3769

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### MidCoast Maine Community Action

#### *Waldo, Knox, Lincoln and Sagadahoc Counties*

Bath.....442-7963 / 1-800-221-2221

Belfast.....338-1267 / 1-877-942-6622

Rockland.....594-4329 / 1-866-260-6609

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### Maine Family Planning

#### *Hancock and Washington Counties*

Ellsworth.....667-5304 / 1-800-492-5550

Machias.....255-8280 / 1-800-313-1223

Calais.....454-3634 / 1-800-924-2628

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### MaineGeneral Community Care

*Kennebec and Somerset Counties*.....1-888-942-6333

Augusta.....621-6202

Skowhegan.....474-7463

Waterville.....872-1593

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### The Opportunity Alliance

#### *Cumberland County*

Portland.....553-5800 / 1-800-698-4959

Windham.....553-5800

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### Western Maine Community Action

#### *Androscoggin, Franklin and Oxford Counties*

Auburn.....795-4016 / 1-877-512-8856

Wilton.....645-3764 / 1-800-645-9636

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### York County Community Action Corp.

#### *York County*

Sanford.....459-2942 / 1-800-965-5762

Biddeford.....283-2402 / 1-800-644-4202

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## Help your kids develop healthy habits!

- It is a parent's job to provide good food at regular meal and snack times.
- Your child's job is to choose what and how much to eat, without being forced or bribed.
- Children will eat a variety of foods when it is provided to them.
- Make meal times pleasant and fun.
- Eat with your child. Families who regularly eat together are healthier and happier.
- Turn off the TV at meal times.
- Enjoy being active with your child every day.
- Children go through stages. Learn all you can about what to expect from your child at different ages. Visit our website at [www.WICforMe.com](http://www.WICforMe.com) for more information.

# WIC Nutrition Program Identification

**You must bring this folder to your WIC appointments and you must show it to the cashier when you use your WIC checks.**

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*Authorized Representative Name*

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*Authorized Representative/Participant Signature*

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*Proxy 1 Name*

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*Proxy 1 Signature*

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*Proxy 2 Name*

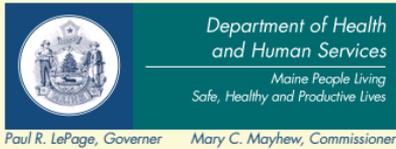
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*Proxy 2 Signature*

**For appointments or information about your WIC benefits, please contact your local WIC office at the address below:**



If this folder is found, please return to the address above.  
If you plan to move, remember to call your local WIC office.



The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services.

1-800-437-9300 or 207-287-3991  
TTY users call Maine Relay 711  
[www.WICforME.com](http://www.WICforME.com)

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