

Shopping Hints

Before you shop

- Look at the “First Date to Use” and the “Last Date to Use” printed on your WIC checks to make sure you can use the check on the day you want to shop
- Teach your proxy how to shop with WIC checks
- Have your proxy sign your WIC ID Folder before he or she goes to the store to shop for you
- Look for the “WIC Accepted Here” decal (pictured at right) near the store entrance to know where Maine WIC checks are accepted



While you shop

- Separate WIC foods from the other foods you are buying
- Use the WIC Participant Booklet to choose WIC approved foods and correct package sizes
- If buying infant formula, match the last 5 digits under the barcode to the 5 digits on your check

At the checkout stand

- Group your WIC foods by each check.
- Tell the cashier before he/she starts scanning your items that you are paying with a WIC check
- Give the cashier your WIC Participant Booklet and the check you are using
- Write the total price of the WIC items being purchased on the WIC check
 - If using a Fruit and Vegetable Check, note the dollar value listed on the check. If your fruits and vegetables cost more than the amount of the check, write the amount of the check in the total cost box. You must pay the extra amount
- Sign the check in front of the cashier. Do not sign your checks before you go to the store
- If you purchased bottled juice, you will need to pay the bottle deposit
- Be sure to get your folder and receipt before leaving the checkout

If you have problems at the grocery store

- Talk to the store manager. If you still have a problem after talking to the store manager, call your WIC agency at the number listed on the back of your WIC Participant Booklet or call the State WIC Program if you are still not satisfied. Make sure to report the date, time, store name, the names of the store people involved, and save your store receipt