



Department of Health
and Human Services

*Maine People Living
Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

Booklet for Vendors

WIC

Nutrition Program

DAIRY PRODUCTS

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

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

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

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



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



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



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 the WIC customer chooses to buy the Whole Grain Item, refer the customer to 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



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

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

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

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

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% fruit juice
- Applesauce - no sugar added/unsweetened only

Not Allowed:

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



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

100% Juice - Liquid Concentrate

11.5 oz. cans (for women only)



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

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



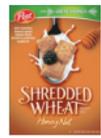
Grape-Nuts
Flakes



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



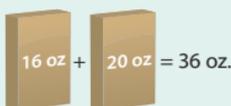
(also Nature's Crunch, Kiggin's and Mornin' Gem)

- 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

Infant Formula

- *Brand, size & type listed on check*

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:

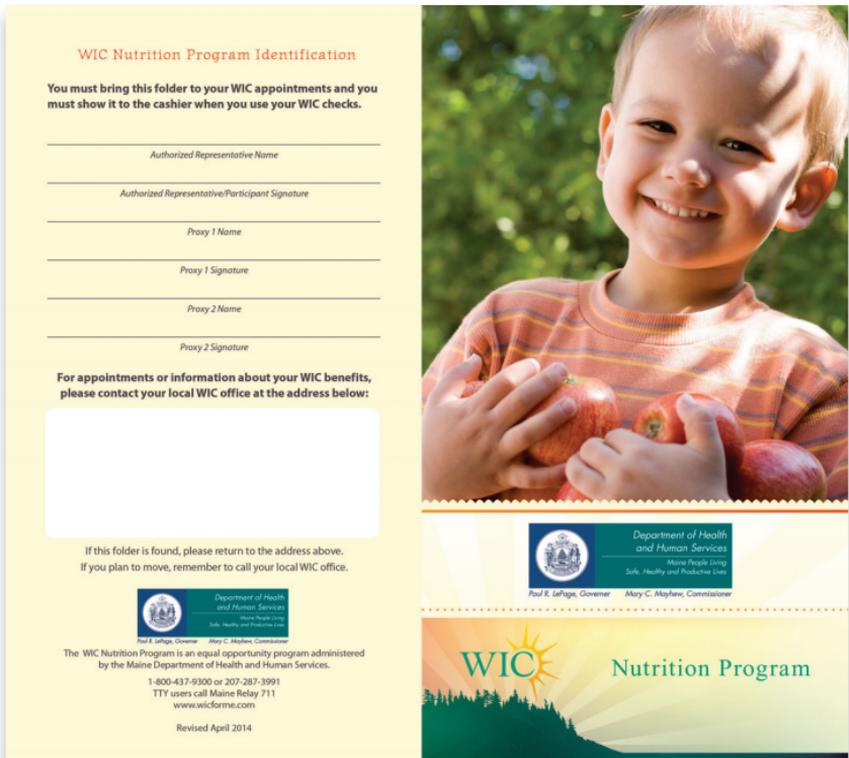
- Beef and Beef Broth
- Chicken and Chicken Broth
- Turkey and Turkey Broth



Guidance for Vendors

WIC Participant Folder:

- The WIC Participant Folder is the WIC customer's identification card.



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.

Authorized Representative Name

Authorized Representative/Participant Signature

Proxy 1 Name

Proxy 1 Signature

Proxy 2 Name

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.

 Department of Health and Human Services
Maine People First
Safe, Healthy and Prosperous Lives
Paul E. Goffage, Governor Mary C. Ayerling, Commissioner

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

Revised April 2014



- Never accept WIC checks from a customer who does not have a WIC Participant Folder, even if you know the customer.
- WIC Participant Folder must be presented for every WIC transaction.
- WIC Participant Folder is only identification that can be used to verify the authorized signer(s) of the WIC check being transacted.
- Participant name on check may not be same as name on WIC Participant folder. Name(s) and signature(s) on back of WIC Participant Folder are only customer(s) who can redeem WIC checks.
- Signature on bottom right hand side of WIC check must match one of the signatures on WIC Participant Folder.

Lost and Found WIC Participant Folders and/or WIC Checks:

Promptly send a found WIC Participant Folder and/or checks to WIC office address on identification section of WIC Participant Folder.

Time sensitive! Return to WIC immediately!

Important Information Regarding WIC Foods:

- Only WIC approved food items listed on WIC food list may be purchased with WIC checks. No substitutions allowed.
- Some food items on WIC food list say: "Participants are encouraged to purchase the least expensive brand available." This guidance is for participant only.
- Cashiers are not allowed to ask WIC participant to exchange a food item because it is not least expensive brand.

Reminders for Store Staff:

- Always treat WIC customers with same courtesy you offer your other customers.
- If WIC customer buys less food than allowed on WIC check, change may not be given.
- Rainchecks may not be offered if WIC food item not in stock. Please inform your manager for prompt restocking.
- A WIC customer cannot return foods purchased with WIC check for cash. Please note customer info and report to WIC office phone number on back of this booklet.

How to transact WIC Checks

Each WIC check is a separate transaction:

MAINE WIC NUTRITION PROGRAM					ACCT#	CHECK NUMBER
NAME OF PARTICIPANT					FIRST DAY TO USE	LAST DAY TO USE
Monty Moose					12/16/2053	1/15/2054
PARTICIPANT I.D.	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE		
10000168						
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):					AMOUNT	STAMP BELOW
2	GAL REDUCED FAT, LOWFAT OR SKIM MILK			\$	DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR	
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					
XXX END OF ORDER XXX						SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY

1. Request WIC Check - Verify WIC check is from Maine WIC Nutrition Program.
2. Confirm "today's date" is between Days To Use on WIC check- Do not accept check outside "First Day to Use" and "Last Day to Use" dates.
3. Verify items selected are on WIC Approved Foods List and do not exceed quantity listed on WIC check. Food List provides descriptions to help determine correct quantities, weights, and container sizes.
4. Ring in only items on WIC check.
5. Request customer enter **total purchase amount** on WIC check (**See exception for Fruit and Vegetable check on the next page**). Verify correct purchase amount is written on WIC check.
6. Request customer sign check in signature area.
7. Compare signature on check to signatures on the back of WIC Participant Folder. They must match.
8. Offer WIC customer a receipt.

****WIC customer must pay bottle deposit for bottled juice.**
It is a violation to charge bottle deposits to WIC Program.**

How to transact Fruit & Vegetable Checks

1

2

3

4

5

6

7 a

MAINE WIC NUTRITION PROGRAM Department of Health and Human Services
 11 State Avenue, Augusta, Maine 04303-1000 www.maine.gov

ACCT# 802054

NAME OF PARTICIPANT: Monty Moose

FIRST DAY TO USE: 12/16/2053 LAST DAY TO USE: 1/15/2054 CHECK NUMBER: 01416787

PARTICIPANT I.D.	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE
10000168				

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

\$6.00 FOR FRUIT, FROZEN OR CANNED FRUITS AND/OR VEGETABLES
 XXX END OF ORDER XXX

AMOUNT \$6.00
 649

DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR

X Torilla Lobster
 SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY

STAMP BELOW

1. Request WIC Check - Verify check is from Maine WIC Nutrition Program.
2. Confirm "today's date" is between Days To Use on WIC check- Do not accept check outside "First Day to Use" and "Last Day to Use" dates.
3. Verify WIC check value.
4. Determine authorized fruits and vegetables using the WIC Approved Foods list. Ring in only allowed fruits and vegetables.
5. Customer must write dollar amount of the WIC approved fruit and vegetables on check. Amount written **cannot exceed check value**. If total purchase amount is more than fruit and vegetable check value, then WIC customer can pay difference. Do not give cash back to WIC customer if total is less than check value.
6. Request customer sign check in signature area.
7. Compare signature with customer's WIC Participant Folder and verify correct purchase amount written on WIC check.
 - a. If purchase amount is incorrect, have customer:
 - a. Place a single line through incorrect amount.
 - b. Write correct amount above the incorrect amount.
 - c. Initial beside corrected amount.
8. Offer WIC customer a receipt.



How to Transact WIC Formula Checks

WIC Formula Checks show a UPC code. Please match this with the formula label's UPC code to ensure the correct formula is sold.

For example:

The image shows a formula label and a WIC check. Red circles and lines connect corresponding fields between the two. On the label, a 'Formula Name' circle is connected to a 'Formula Name' field on the check. A 'Pounds' circle is connected to a '12.9 OZ' field. A 'NET WT 12.9 OZ' circle is connected to a '12.9 OZ' field. A barcode circle is connected to a '14415' field. A '14415' circle is also connected to a 'FORMULA NAME' field. A '14415' circle is also connected to an 'AMOUNT' field. A '14415' circle is also connected to a 'FORMULA NAME' field. A '14415' circle is also connected to an 'AMOUNT' field. A '14415' circle is also connected to a 'FORMULA NAME' field. A '14415' circle is also connected to an 'AMOUNT' field.

MAINE WIC NUTRITION PROGRAM					ACCTS 802054	
NAME OF PARTICIPANT	FIRST DAY TO USE	LAST DAY TO USE	CHECK NUMBER			
Monty Moose	3/12/2013	4/11/2013	00693139			
PARTICIPANT ID	AGENCY	CLING	FOOD PACKAGE	FI TYPE		
10000168						
FOR PURCHASE OF APPROVED WIC FOODS ONLY AND SUBSTITUTIONS ALLOWED					AMOUNT	
5	12.9 OZ	CAN (S)	FORMULA NAME	14415	\$	
XXX END OF ORDER XXX					DRAFT	
DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR					X	
SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY						

Also compare the formula label with the product descriptions on WIC check for:

1. Quantities that are allowed
2. Size of product
3. Type of product
4. Formula Name
5. UPC Code

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, Section 504 of the Rehabilitation Act of 1973, 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), 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.

If you have questions or need help please call:

1-800-437-9300 or 207-287-3991

TTY users call Maine Relay 711

Or email: wic.maine@maine.gov

**More information can be found at:
www.wicforme.com**



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

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