



*Maine Center for Disease  
Control and Prevention*

*An Office of the  
Department of Health and Human Services*

*Paul R. LePage, Governor*

*Mary C. Mayhew, Commissioner*

*Booklet for Vendors*

**WIC**

**Nutrition Program**

## DAIRY PRODUCTS

### Milk

#### Allowed: Least Expensive Brand

- Largest unit size available as listed on check:  
Quart, Half Gallon, Gallon

#### Allowed only if printed on check:

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

#### Not Allowed:

- Flavored, organic or raw milk
- Glass bottles



### Fortified Soy Beverage

#### Allowed:

- Pacific Ultra Fortified Soy Beverage, Plain Only, Quart Size Only
- 8th Continent Fortified Soy Beverage, Plain Only, Half Gallon Only



### Cheese

#### 8–16 oz. packages

#### Allowed: Least Expensive Brand By Type

- Domestic, any brand, block, shredded or sliced, reduced fat or regular
  - › American
  - › Cheddar
  - › Colby Jack
  - › Monterey Jack
  - › Mozzarella
  - › Swiss
- 100% Mozzarella string cheese



#### Not Allowed:

- Deli or random weight cheese, individually wrapped slices, cubed, wheels, wedges, cracker cuts, imported, organic, cheese food, whips or spreads, cheese blends or flavored

## Tofu

16 oz. package or less

### Allowed:

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

### Not Allowed:

- Cubed or flavored



## Eggs

Allowed: Least Expensive Brand

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

### Not Allowed:

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



## Peanut Butter

16-18 oz. jar

### Allowed:

- Any brand, creamy or crunchy

### Not Allowed:

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



## Beans/Peas/Lentils

### Allowed:

- Any brand, canned or dried
- Dried – 16 oz. bags
- Canned – 14 to 16 oz. cans
- Fat-free refried beans

### Not Allowed:

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



## WHOLE GRAINS

### Bread

#### 16 oz. package

##### Allowed:

- Arnold Stone Ground 100% Whole Wheat Bread
- Best Yet 100% Whole Wheat Bread
- Bimbo 100% Whole Wheat Bread
- Country Kitchen 100% Whole Wheat Bread
- Country Kitchen Wheat Italian Bread
- Pepperidge Farm Stone Ground 100% Whole Wheat Bread
- Pepperidge Farm Very Thin 100% Whole Wheat Bread
- Roman Meal Sungrain 100% Whole Wheat Bread
- Sunbeam 100% Whole Wheat Bread
- Wonder Soft 100% Whole Wheat Bread

#### 24 oz. package

#### (ONLY IF PRINTED ON CHECK)

##### Allowed:

- Arnold Whole Grains 100% Whole Wheat Bread
- Country Kitchen All Natural Whole Grain 100% Whole Wheat Bread
- Freihofer's Stone Ground 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

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## Oatmeal

#### 16 oz. package or less

##### Allowed:

- McCann's Quick Cooking Irish Oatmeal
- McCann's Quick and Easy Natural Steel Cut Irish Oatmeal
- Mom's Best Naturals Quick Oats
- Quaker Crystal Wedding Oats
- Silver Palate Thick and Rough Oatmeal

##### Not Allowed:

- Individual or flavored oatmeal packets
- Organic oatmeal
- Single-serve packets

# Tortillas

16 oz. package or less

## Allowed:

- Carlita Soft White Corn Tortillas
- Celia's Corn Tortillas
- Celia's Whole Wheat Flour Tortillas
- Chi Chi's Corn Tortillas
- Chi Chi's Whole Wheat Tortillas
- La Banderita Corn Tortillas
- La Banderita Whole Wheat Tortillas
- Mayan Farm Traditional Recipe 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 White Corn Tortillas
- Shurfine Whole Wheat Fajita Style Tortillas

## Not Allowed:

- "Hard shell" tortillas
- Flour tortillas
- Organic tortillas

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# Brown Rice

16 oz. package or less

## Allowed:

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

## Not Allowed:

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

WHOLE GRAINS



## FRUITS AND VEGETABLES

### Fresh Fruits and Vegetables

#### Allowed:

- Any variety of fresh fruits and vegetables, except white potatoes\* (sweet potatoes and yams are allowed)
- Salad mixes in bags that do not have croutons
- Pre-cut vegetables
- Garlic - not on a string

#### Not Allowed:

- White potatoes\*
- Anything from a salad bar
- Fruit baskets or cut vegetables with dip
- Croutons 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

*\*White potatoes are any potatoes other than sweet potatoes or yams.*

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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:

- Potatoes
- Packages with cheese, with sauce, or with added nuts
- Sauce packet, seasoned, flavored, or breaded vegetables
- French fries, hash browns, tater tots, or other shaped potatoes
- Vegetables with added pasta, or other ingredients

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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

**NOTE:** If the total price is more than the fruit and vegetable voucher value, then you can pay the difference. For example, if your voucher is for \$10.00 and the purchase amount is \$11.00, you can pay the extra \$1.00 out of your pocket.

## Cans and Jars of Vegetables

### Allowed:

- Any brand
- Any plain vegetables
- Any plain vegetable mixtures without potatoes
- Any size, regular, low sodium, or low salt
- Yellow beans, green beans, and wax beans can be purchased with the fruit and vegetable voucher. *(All other beans may be purchased with a canned beans check.)*

### Not Allowed:

- White potatoes, sweet potatoes, yams or pie filling
- Anything pickled, in sauce or marinated, like sauerkraut or bean salad
- Beans cooked with meat, like baked beans
- Vegetables with added fat or oil, like olives or soup
- Home-canned vegetables
- Cream style corn

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## Canned Tomato Products

### Allowed:

- Any brand or size—metal cans only
- Tomato paste or puree
- Diced, whole or crushed

### Not Allowed:

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

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## Cans and Jars of Fruits

(may be in plastic)

### Allowed:

- Any brand or size
- Packed in water or 100 percent fruit juice
- Applesauce with no sugar added or unsweetened only

### Not Allowed:

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



## JUICE

### 100% Juice Only

NO ADDED SUGAR, no juice drinks or juice cocktails

### 100% Frozen Concentrate

10-12 oz. Cans (for women only)



#### Dole

- Pineapple



#### My Essentials

- Apple



#### Seneca

- Apple
- Grape



#### Great Value

- Apple
- Grape



#### Welch's

- (Yellow Top Only)
- Grape
  - White Grape



#### ShurFine

- Apple



#### Langers

- Apple
- Grape
- White Grape



#### Shaw's

- Apple
- Grape
- Pineapple



#### Old Orchard

- Apple
- Cranberry
- Grape
- Pineapple
- White Grape



#### Any Brand

- Grapefruit
- Orange

#### Best Yet

- Apple
- Grape



#### Essential Everyday

- Apple
- Grape

### 100% Liquid Concentrate

11.5 oz. Cans (for women only)



#### Welch's (Yellow Top Only)

- All Flavors



#### Juicy Juice

- All Flavors

# 100% Bottled Liquid Juice

64 oz. Bottles (for children only)



## ShurFine

- Apple
- Grape
- White Grape



## Shaw's

- Apple
- Grape
- White Grape



## IGA

- Apple
- Grape



## Juicy Juice

- All Flavors



## Great Value

- Apple
- Grape
- White Grape



## Tipton Grove

- Apple
- Grape



## My Essentials

- Apple



## Best Yet

- Apple
- Grape



## Essential Everyday

- Apple
- Grape
- White Grape

JUICE

- WIC cannot pay bottle deposits
- The store will charge you 5 cents for each bottle of juice you buy
- Make sure you have money to pay for the bottle deposit

## CEREALS

12 oz. box or larger

 Whole Grain Cereal

 Folic Acid

### Cereal: Name Brand



 Whole Grain  
Cream of  
Wheat



  Multi Grain  
Cheerios



Rice Chex



 Original Hot  
Wheat Cereal



  Wheat Chex



Rice Krispies



Gluten Free  
Rice Krispies



 Cheerios



Corn Chex



 Multi Bran Chex



Corn Flakes



 Bran Flakes



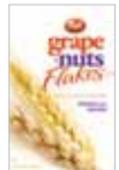
  Whole Grain  
Total



 Unfrosted  
Mini-Wheats



 Grape Nuts



 Grape Nuts  
Flakes



  All Bran  
Wheat Flakes



Kix



 Crispy Rice



 Life

# Cereal: Generic

## Best Yet

-  **B9** • Bran Flakes
- Corn Flakes
- Crisp Rice
-  **B9** • Toasted Oats

## Essential Everyday

-  • Bran Flakes
- Corn Flakes
- Crisp Rice
- Crunchy Corn Biscuits
-  • Crunchy Oat Squares
- Crunchy Rice Squares
-  • Crunchy Wheat & Barley
-  • Crunchy Wheat Biscuits
-  • Toasted Oats

## Great Value

-  **B9** • Bran Flakes
- Corn Flakes
- Crispy Rice
-  **B9** • Crunchy Nuggets
- Multi-Grain Flakes
- Toasted Corn
-  **B9** • Toasted Oats
- Toasted Rice
-  **B9** • Toasted Wheat

## IGA

-  • Bran Flakes
- Corn Flakes
- Crispy Rice
-  • Nutty Nuggets
-  • Tasteeos

## Save A Lot

(also Nature's Crunch and Mornin' Gem)

-  • Bran Flakes
- Corn Flakes
- Corn Greats
- Crispy Rice
- Rollin' Toasted Oats

## Shurfine

-  • Bran Flakes
- Corn Flakes
- Corn Squares
- Crisp Rice
-  • Toasted Oats
-  • Wheat Bran
-  • Wheat Squares

## My Essentials

- Corn Flakes
- Crispy Rice
-  • Tasteeos

## Ways to Buy 36 oz. of Cereal:



## BREASTFEEDING

*For Fully Breastfeeding Babies Only*

### Baby Food Meats

2.5 oz. (1st stage only)

*Brands listed on check*

#### Allowed:

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

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### Canned Fish

*Pouches allowed only if printed on check*

Tuna - 5 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, low sodium or albacore



Salmon - 5 or 6 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

## INFANTS

### Infant Cereal

8 or 16 oz.

*Brands listed on check*

#### Allowed:

- Multigrain
- Oatmeal
- Rice

#### Not Allowed:

- High protein, formula fortified, organic, added fruit, or DHA/ARA

### Infant Foods

4 oz. (Stage 2 or 2 ½ Textures Only)

*Brands listed on check*

#### Allowed: Stage 2

##### Fruit:

- Apples and Bananas
- Apples and Blueberries
- Apples and Cherries
- Apples, Mango and Kiwi
- Apples, Pears and Bananas
- Applesauce
- Apricots with Pears and Apples
- Chiquita Bananas
- Chiquita Bananas and Strawberries
- Pears
- Pears and Pineapple
- Pears and Raspberries

##### Vegetables:

- Corn and Sweet Potato
- Country Garden Vegetables
- Mixed Vegetables
- Squash
- Sweet Potatoes and Apples
- Tender Golden Sweet Potatoes
- Tender Sweet Carrots
- Tender Sweet Peas
- Young Green Beans

#### Allowed: Stage 2 ½ Textures

##### Fruits & Vegetables:

- Applesauce
- Apple, Mango, and Carrot
- Bananas and Mixed Berries
- Carrots
- Green Beans
- Pears
- Peas and Carrots
- Pears and Green Beans
- Squash and Apples
- Sweet Potato and Zucchini

#### Not Allowed:

- Cobbler, Desserts, Dinners, Added Sugar, DHA/ARA, Yogurt Blend

*For Babies Receiving Formula*

### Infant Formula

*Brand & type listed on check*



## Transaction Procedures

1. Request WIC check or voucher & ID Folder.
2. Confirm dates to use.
3. Verify items using the Food List. Check quantities, weights and container sizes.
4. Have participant write total.
5. Have participant sign the check or voucher. Compare signature to ID Folder.
6. Offer receipt

*\*You **CANNOT** charge WIC for the bottle deposit — you **MUST** charge the participant.*



## 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), 207-287-3488 (V), 1-800-606-0215 (TTY). 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.

Need to update information or have Questions?

We can help. call:

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

TTY: 800-606-0215 (deaf/hearing impaired)

WIC.Maine@maine.gov

**Information can also be updated online by visiting  
[www.WICforME.com](http://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.

Revised October 2011