

Using WIC Farmer's Market Checks

Bring Your:

- * ID (personal identification)
- * WIC folder/ Participant Booklet
- * A box or bag to carry the produce

At the market:

- * Look for WIC signs. Those farmers accept WIC checks.
- * If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC checks.
- * Feel free to shop around before using your checks.
- * Enjoy the outdoors and music!

Important

- * You can use more than one check at a time.
- * The farmer cannot give money back for the checks.
- * You can use your own money if the total is more than the WIC check.

NAME OF PARTICIPANT		FIRST DAY TO USE	LAST DAY TO USE	CHECK NUMBER
SAMPLE CHECK		3/23/2016	4/22/2016	03356297
PARTICIPANT ID	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE
10043571				
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):			AMOUNT	STAMP BELOW
\$11.00 For Fresh, Frozen or Canned Fruits &/or Vegetables			\$ 10.57	VENDOR STAMP
XXX END OF ORDER XXX			DEPOSIT WITHIN 90 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR.	
			<input checked="" type="checkbox"/> WIC Customer	
SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY				

- * Monthly WIC fruit and vegetable checks can also be used with WIC farmers.
- * You can use SNAP benefits to pay for items at many markets and stands.

For more information about WIC call **207.553.5800** or visit WICforME.com

10 Reasons to Eat Locally Grown

1. Local food tastes better.
2. Locally grown produce is fresher.
3. Local food gives back to local economies.
4. Local food supports local farms.
5. Local food keeps us in touch with the seasons.
6. Local food supports clean environments and benefits wildlife.
7. Local food builds stronger communities.
8. Local food supports responsible land development.
9. Local produce is healthier for you.
10. Local food is about the future.

WIC is a program of The Opportunity Alliance. The Opportunity Alliance is a non-profit, multi-service, community action agency committed to transforming our community by helping people in need build better lives. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis or race, color, sex, age, disability, religion or national origin.



Greater
Portland
Farmers'

Market Guide



Cumberland

Cumberland Farmers' Market

290 Tuttle Road

Sat 10-1

Cranberry Rock Farm, Valley View Farm

Falmouth

Falmouth Farmers' Market

22 Hat Trick Drive

Wed 10-2

Jillson's Farm, Valley View Farm, Cranberry Rock Farm

Portland

Portland Farmers' Market

Monument Square

Wed 7-1

Fresh Start Farms - Christine Pompeo, Snell Family Farm, Cannons At Noon Family Sheep Farm

Portland Farmers' Market - Deering Oaks

Park

Deering Oaks Park

Sat 7-1

Uncles Farm Stand, Dandelion Spring Farm, Fresh Start Farms - Christine Pompeo, Cornerstone Farm, Snell Family Farm, Two Farmers Farm

Cultivating Community Farm Stands

These farmers double WIC checks

Portland Food Co-op

290 Congress Street, **Portland**

Mon, Thur 1-5

The Opportunity Alliance

190 Lancaster Street, **Portland**

Tues, Fri 1-5

Riverton

2 Riverton Dr, **Portland**

Thurs 1-5

Whole Foods Market

2 Somerset Drive, **Portland**

Tues 1-5

Gear Hub

155 Washington Avenue, **Portland**

Sat 12-4

Brick Hill Community Center

80 Brick Hill Ave, **South Portland**

Wed 12-4

Westbrook Pointe Apartments

26 Prospect Street, **Westbrook**

Wed 1-5

Saco

Paul Hazelton House

7 Smith Ln

Tue 10-12

Saco Farmers' Market

4 Scamman Street

Wed, Sat 7-12

Fresh Start Farms - Hawa Ibrahim, Harris Farm, Fresh Start Farms - Up- Up Vegetable Farm, Seasonal Corner

Scarborough

Frith Farm Stand

61 Ash Swamp Road

Tue, Fri 7-7, Sat 9-5

Scarborough Farmers' Market

259 US Route One

Sun 9-1

Frith Farm

So. Portland

The Opportunity Alliance

50 Lydia Lane

Thur 11-3

Yarmouth

Yarmouth Farmers' Market

317 Main Street

Thu 3-6

Andrews Farm, 3 Level Farm