

### WHAT CAN I BUY WITH MY WIC FARMERS' MARKET CHECKS?

Any Maine grown fresh fruit or vegetable, like apples, blueberries, corn, cucumbers, lettuce, tomatoes, squash and much more!

### WHAT CAN'T I BUY WITH MY WIC FARMERS' MARKET CHECKS?

Any fruit or vegetables not grown in Maine and any other products like jams, jellies, pickles, dairy, honey, maple syrup, etc.

### HOW DO I USE MY WIC FARMERS' MARKET CHECKS?

- You can buy \$5 worth of locally grown fresh fruits or vegetables with each check
- You can use your checks at any WIC approved Farm Stand and Farmers' Market
- You can spend more than \$5 and either pay the difference or add another check
- You can spend less than \$5 but you will not get change back
- You can use more than one check at a time
- We cannot replace lost or stolen checks



### QUESTIONS? CONTACT YOUR LOCAL WIC OFFICE:

Bath: 1-207-442-7963  
Rockland: 1-207-594-4329  
Belfast: 1-207-338-1267

If you would like a statewide list of WIC approved Farmers' Markets and Farm Stands, please ask your WIC Nutritionist.



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



## FARMERS' MARKET NUTRITION PROGRAM



MAINE GROWN FRESH FRUITS AND VEGETABLES

**BATH FARMERS' MARKET**

27 Commercial St, Bath  
Sat 8:30-12:00

*Beth Hawke Farm & Greenhouse,  
Sparrow Farm*

**BELFAST FARMERS' MARKET**

128 High St, Belfast  
Fri 9:00-1:00

*Dickey Hill Farm, Dig Deep Farm,  
Mueller's Fruit Farm, New Beat Farm,  
Peacemeal Farm*

**BLACKIE'S FARM FRESH PRODUCE**

966 Minot Ave, Auburn  
Daily 6:00-6:00

**BOWDOINHAM FARMERS' MARKET**

1 Main St, Bowdoinham  
Sat 8:30-12:30

*Blue Bell Farm*

**BRUNSWICK FARMERS' MARKET**

Main St & Park Row, Brunswick  
Tue & Fri 8:00-2:00

*Six River Farm, Spears Vegetable Farm*

**BRUNSWICK-TOPSHAM LAND TRUST MARKET**

277 Pleasant Hill Rd, Brunswick  
Sat 8:30-12:30

*Cranberry Rock Farm*

**CALKINS FARM STAND**

295 Main Rd South, Hampden  
Sun 9:00-5:00, Mon-Sat 9:00-6:00

**CAMDEN FARMERS' MARKET**

116 Washington St, Camden  
Wed 3:30-6:00, Sat 9:00-12:00

*Peacemeal Farm*

**CLARK FARMS STAND**

382 Main St, Damariscotta  
Daily 10:00-6:00

**PURPLE** = Farmers' Market

**RED** = Farm Stand

**CRYSTAL SPRINGS FARMERS' MARKET**

277 Pleasant Hill Rd., Brunswick  
Sat 8:30-12:30

*Cranberry Rock Farm, Six River Farm,  
Spears Vegetable Farm*

**CURRA FAMILY FARM**

Belfast Rd, Knox  
Sun 10:00-5:00, Wed-Sat 10:00-6:00

**HEALD FARM**

1227 Bangor Rd, Troy  
Mon-Sat 10:00-5:00

**HIGHLAND BLUEBERRY & HIGHLAND ORGANICS**

94 Old County Rd, Stockton Springs  
Mon-Sat 9:00-3:00

**ISLESBORO FARMERS' MARKET**

103 Pendleton Point Rd, Islesboro  
Wed 10:00-1:00

*3 Level Farm*

**LITTLEFIELD ROAD FARM STAND**

76 Littlefield Rd., Lisbon  
Daily 6:00-7:00

**MAINE-LY APPLES**

372 Moosehead Trail, Dixmont  
Daily 10:00-5:00

**MUELLER'S FRUIT FARM**

431 Mt. View Rd, Thorndike  
Daily 10:00-5:00

**PEACEMEAL FARM**

25 Peacemeal Ln, Dixmont  
Tue 2:00-6:00

**THE FARMERS' MARKET AT PUMPKIN VINE FAMILY FARM**

217 Hewett Rd., Somerville  
Sun 11:00-3:00

**ROCKLAND FARMERS' MARKET**

Rockland Public Landing, Rockland  
Thu 9:00-1:00

*Dandelion Spring Farm, Dickey Hill Farm*

**SEALYON FARM**

1788 Alna Rd, Alna  
Sun, Tue, Thu 1:00-5:00, Sat 8:00-2:00

**SPEARS FARM STAND**

67 Center St, Nobleboro  
Mon-Sat 9:00-5:00

**SPEARS FARM STAND**

Atlantic Highway, Waldoboro  
Sat & Sun 9:00-5:00, Mon-Fri 9:00-6:00

**TENDER SOLES FARM STAND**

453 Main St., Richmond

**UNION FARMERS MARKET**

280 Common Rd, Union  
Fri 3:00-6:00

*Dig Deep Farm, Tiny Roots Organic Farm*

**UNITED FARMERS' MARKET**

18 Spring St, Belfast  
Sat 9:00-2:00

*Dig Deep Farm, New Beat Farm, Olde Haven Farm*

**UNITY MARKET DAY**

32 School St, Unity  
Sat 9:00-1:00

*Curra Family Farm, Maine-ly Apples,  
Snakleroot Organic Farm*

**VILLAGE GREEN ORGANIC PRODUCE**

252 Myrick Rd, Troy  
Sun, Wed, Fri 9:00-12:00

**VILLAGESIDE FARM**

122 Belfast Rd, Freedom  
Tue 4:00-6:00

**WALDOBORO FARMERS' MARKET**

1600 Atlantic Hwy, Waldoboro  
Wed 3:00-6:00

*Sealyon Farm*