

Using WIC Farmer's Market Checks

Maine CDC WIC Farmers' Market Nutrition Program Check
 Good for Maine Grown Fresh Fruits and Vegetables Only
 • For use by Maine CDC WIC Authorized Farmers Only
 • Not for use in Grocery Stores
 • Farmer must deposit by Nov 30, 2017
 Payable to Maine CDC WIC Authorized Farmer Five..... Dollars \$5.00
 Payable Through:
 Citizens Alliance Bank - Howard Lake, MN 55349
 VOID
 Payment will be denied without Maine CDC WIC Authorized Farmer Stamp

Bring Your:

- ID (personal identification)
- WIC folder/ Participant Booklet



CONTACT YOUR LOCAL WIC AGENCY
 LOCAL AGENCY CONTACT INFORMATION HERE
 WIC Customer _____ WIC Customer _____
 Proxy 1 Name _____ Proxy 1 Name _____
 Proxy 2 Name _____ Proxy 2 Name _____

- A box or bag to carry the produce

At the market:

- Look for farmers with the WIC sign. 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.

MAINE WIC NUTRITION PROGRAM
 NAME OF PARTICIPANT: SAMPLES CHECK
 FIRST DAY TO USE: 3/23/2016 LAST DAY TO USE: 4/22/2016 CHECK NUMBER: 03356297
 PARTICIPANT I.D.: 10043571
 AGENCY: CLINIC: FOOD PACKAGE: FI TYPE:
 AMOUNT: \$ 10.57
 FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):
 \$11.00 For Fresh, Frozen or Canned Fruits &/or Vegetables
 XXX 000 OF 0000 XXX
 VENDOR STAMP
 X 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.

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!

For more information about WIC call **207.255-8280** or visit Maine.gov/WIC



Farmers Market Guide

WIC is a program of Maine Family Planning. This institution is an equal opportunity provider.

Washington County Farmers' Markets and Farm Stands:

Big Lake Township

Beauregard's Farm
1292 West Street
Friday and Saturday 9-6

Calais

Tractor Supply Co.
289 South Street
Saturday 10-1
-Hegarty's Homestead
-Love 2 Garden

Dennysville

Dennys River Farmers' Market
17 King Street
Wednesday 3-6
-Lil Buddy Farm
-Love 2 Garden



Eastport

Sunrise County Farmers' Market
141 Water Street
Saturday 10-12
-Lamb Cove Farm (August only)
-Robb Hill Farm

Edmunds Township

40 Tide Mill Road
Saturday 10-2
-Tide Mill Organic Farm



Lubec

Lubec Market
55 Water Street
Saturday 9-11
-Tide Mill Organic Farm
-Lil Buddy Farm

Machias

Machias Valley Farmers' Market
Route 1 on The Dike
Friday – Sunday 9-2
-Amber's Best

Milbridge

Milbridge Farmers' Market
35 Main Street
Saturday 9-12
--Intervale Farm (August only)

Pembroke

Love 2 Garden
59 Garnet Head Road
Wednesday – Sunday 9-12

Waite

Pheonix Rising Farm, LLC
393 Houlton Road
Daily 9-5

Waite General Store
455 Houlton Road
Monday – Saturday 6am-8pm
Sunday 8am-6pm

There are more Markets and Farm Stands in Hancock County too!