



Caribou Farmers' Market
 Skonieczny Vegetables
 118 Bennett Drive
 Caribou, ME
 Mon. – Sat. 10:30 am - 5:30 pm
 Sun. 11:00 am – 3:00 pm
Goughan's Berry Farm
 875 Ft. Fairfield Rd.
 Caribou, ME
 Mon. – Sat. 8:00 am – 5:00 pm
 Sun. 12:00 pm – 5:00 pm
McElwain's Strawberry Farm
 711 Sweden Street
 Caribou, ME

Houlton

Houlton Farmers' Market
 Gallifreyan Farm, West Berry
 Farm, Green Sunshine Farm
 Market Square
 Houlton, ME
 Saturday 9:00 am – 1:00 pm



Linneus

Gallifreyan Farm
 Codfish Ridge Road
 Linneus, ME
 Sunday-Friday 10:00 am – 2:00 pm

Madawaska

Madawaska Farmers' Market
 Au Jardin
 188 Main Street
 Madawaska, ME
 Wed. & Sat 10:00 am – 2:00 pm

Presque Isle

Presque Isle Farmers' Market
 Aroostook Ctr. Mall Lot
 Presque Isle, ME
 Sat. 9:00 am – 1:00 pm
MSAD #1 Educational Farm
 340 State Street
 Presque Isle, ME
 Mon. – Fri. 9:00 am – 5:00 pm
 Sat. 9:00 am – 1:00 pm
Skonieczny Vegetables
 700 Main Street
 (Freshies' Parking Lot)
 Presque Isle, ME
 Tues. – Thurs. 10:30 am – 5:30 pm
 Sat. 10:30 am – 5:30 pm
 Sun. 11:00 am – 3:00 pm

Van Buren

Skonieczny Vegetables
 83 Main Street
 Van Buren, ME
 Mon. & Fri. 10:30 am – 5:30 pm

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.

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.
- Monthly WIC fruit and vegetable checks can be used at WIC approved farmer's markets.

MAINE WIC NUTRITION PROGRAM					Department of Health and Human Services	
NAME OF PARTICIPANT		FIRST DAY TO USE		LAST DAY TO USE		CHECK NUMBER
SAMPLE: CHECK		3/23/2016		4/22/2016		03356297
PARTICIPANT I.D.	AGENCY	CLINIC	FOOD PACKAGE	FL TYPE	STAMP BELOW	
10043571					VENDOR STAMP	
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):					AMOUNT	
\$11.99 For Fresh, Frozen or Canned Fruit &/or Vegetables					\$ 10.57	
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 PRIOR	

- You can use SNAP benefits to pay for items at many markets and stands.

For more information about WIC call **207.768-3026 x5** or visit www.maine.gov/wic



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.

This institution is an equal opportunity provider



2019 ACAP WIC Farmers' Guide

