

Tips for Using Fruit and Vegetable Checks (page 6) --see check image below:

- 1. The Fruit and Vegetable check can be used at a WIC approved store, Farmers' Market or Farm Stand.**
- ② Look at the dates on the WIC check.** The first date is the first day you can use the check. The second date is the last day you can use the check. You can use any number of WIC checks at one time that are within these dates.
- ③ Look at the dollar amount listed on your check that WIC will cover.**
- 4. Group all the fruits and vegetables together at the checkout.**
- 5 Give your WIC folder and the checks you are using to the cashier before WIC food items are scanned.**
- ⑥ Fill in the price of the WIC food items on the check unless it is printed automatically by the store's cash register.** The amount written cannot be more than the check value. If the total amount is more than the fruit and vegetable check value, you must pay the difference. For example:
 - The value of the Fruit and Vegetable Check is \$11.00.
 - The total of your purchase is \$12.00.
 - You must pay the extra \$1.00

If your fruit and vegetable purchase is less than the check value, you will not receive change back.
- ⑦ Sign on the front of the check in the bottom right corner and then give the check back to the cashier.** The cashier will make sure your signature matches the signature of the authorized representative, participant or the proxy on the WIC Folder.
- 8. Be sure to get your folder and receipt before leaving the checkout, Farmers' Market or Farm Stand.**

MAINE WIC NUTRITION PROGRAM Department of Health and Human Services
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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	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 XXX END OF ORDER XXX			\$	
			DEPOSIT WITHIN 80 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR	
			X	SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY