

Tips For Using Your WIC Checks (page 5)--see check image below

1. Use your WIC checks only at WIC approved stores.
- 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 foods listed and the amount of each item you can buy with your check. For example, the number of gallons of milk, ounces of cereal, or cans of juice you can buy is listed here. The WIC Approved Food List will help you know what foods you can buy.
4. Separate WIC foods at the checkout from other foods you are buying. If you are spending more than one check, group the foods for each check together.
- 5 Give your WIC folder and the checks you are using to the cashier before WIC food items are scanned.
- ⑥ Write the total price of the WIC food items on the check unless it is printed automatically by the store's cash register.
- 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. If you purchased bottled juice, you will need to pay a bottle deposit, which is five cents per bottle.
9. Be sure to get your folder and receipt before leaving the checkout.

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	03356295
PARTICIPANT I.D.	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE
10043571				
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):				AMOUNT
2	Gallon(s) 1% or Skim Milk			\$
1	Pound(s) WIC Approved Cheese			
1	Dozen WIC Approved Eggs			
2	Can 11.5-12oz Frzn or Liq Concentrate Juice			
36	Ounces WIC Approved Cereal			
16	Ounces WIC Approved Whole Grain Item			
XXX END OF ORDER XXX				
				DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR
				STAMP BELOW
				X SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY