

MAINE WIC

NUTRITION PROGRAM

APPROVED FOOD LIST AND PARTICIPANT BOOKLET
Effective December 21, 2021



Maine



1337 0123 4567 8910



**CONTACT YOUR LOCAL WIC AGENCY
FOR LOST OR FOUND EWIC CARDS OR BOOKLETS,
OR QUESTIONS PLEASE CALL:
207-287-3991**

What WIC Provides



WIC PROVIDES GOOD FOOD AND A WHOLE LOT MORE

WIC offers families that qualify:

- Breastfeeding promotion and support
- Benefits to buy healthy food
- Health and social service referrals
- Immunization screening and referrals
- Tips for eating well to improve health

WIC nutrition staff meet with each WIC participant to:

- Review nutrition and health behaviors
- Provide individual nutrition advice
- Support families making changes for better health
- Offer a selection of healthy foods



Rights & Responsibilities



YOUR RIGHTS:

- Your personal information will be kept confidential unless you give written permission to release it, or unless required by law to be shared. Examples of such sharing include:
 - Providing my information to the United States Department of Agriculture (USDA), which oversees WIC;
 - Sharing with certain Maine Department of Health and Human (DHHS) offices that serve WIC participants to determine my eligibility for those programs and make the application process easier;
 - Sharing with DHHS programs for the purpose of improving my health, education or well-being if I am already enrolled in their programs;
 - Contacting the DHHS Office of Child and Family Services (OCFS) if there is a health or safety concern regarding my child or children.
- Standards for eligibility for WIC are the same for everyone, regardless of race, color, national origin, age, disability or sex.
- If you feel you have been discriminated against, you may file a complaint.

YOUR RESPONSIBILITIES:

- Bring all documentation requested to each appointment.
- Report address and/or phone changes to your local WIC office.
- Keep your eWIC card safe; lost/stolen cards may not be replaceable.

IF I VIOLATE THE PROGRAM RULES ABOVE, I OR MY FAMILY:

- May be taken off the program for up to one year
- Will have to pay money back to the program for foods or formula I should not have received
- May face legal charges

I have been advised of my rights and responsibilities as a WIC Program participant. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification information is being submitted in connection with the receipt of federal supplemental nutrition assistance. Program officials may verify information I have provided.

I UNDERSTAND I MAY BE DROPPED FROM THE WIC PROGRAM IF:

- I or my child(ren) participate in more than one WIC Program at a time (dual participation)
- I provide false information about income, family size and residence location (fraud)
- I or my Alternate Representative / proxy spends eWIC cards at a vendor (store, farm stand or farmers' market) that is not authorized to accept them (fraud)
- I or my Alternate Representative / proxy buys non-WIC foods with eWIC card (trafficking)
- I or someone on my behalf sells, trades, or gives away my eWIC card (trafficking)
- I or someone on my behalf returns WIC foods for cash, credit or non-WIC foods (trafficking)
- I or someone on my behalf sells or trades WIC foods, including infant formula, which was purchased with eWIC card for cash, credit, or other foods or services (trafficking)
- I or someone on my behalf gives away WIC foods, including infant formula, which was purchased with eWIC card (fraud)
- I or someone on my behalf makes changes to my eWIC card(s) (forgery)
- I or someone on my behalf posts WIC items for sale, exchange or free on any media, including social media (such as Facebook), Craigslist, eBay, television, radio, newspaper or other online forum (trafficking)
- I or someone on my behalf verbally or physically abuses WIC or grocery store staff (abuse)

Non-Discrimination Notice



NON-DISCRIMINATION NOTICE:

In accordance with Federal and state law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination against certain protected classes. This notice is available in alternate formats, upon request.

Maine DHHS Nondiscrimination Notice

The Department of Health and Human Services (“DHHS”) does not discriminate on the basis of disability, race, color, sex, gender, sexual orientation, age, national origin, religious or political belief, ancestry, familial or marital status, genetic information, association, previous assertion of a claim or right, or whistleblower activity, in admission or access to, or the operation of its policies, programs, services, or activities, or in hiring or employment practices. This notice is provided as required by and in accordance with Title II of the Americans with Disabilities Act of 1990 (“ADA”); Title VI of the Civil Rights Act of 1964, as amended; Section 504 of the Rehabilitation Act of 1973, as amended; Age Discrimination Act of 1975; Title IX of the Education Amendments of 1972; Section 1557 of the Affordable Care Act; the Maine Human Rights Act; Executive Order Regarding State of Maine Contracts for Services; and all other laws and regulations prohibiting such discrimination.

Questions, concerns, complaints or requests for additional information regarding the ADA and hiring or employment practices may be forwarded to the DHHS ADA/EEO Coordinators at 11 State House Station, Augusta, Maine 04333-0011; 207-287-4289 (V); 207-287-1871(V); or Maine Relay 711 (TTY). Questions, concerns, complaints or requests for additional information regarding the ADA and programs, services, or activities may be forwarded to the DHHS ADA/Civil Rights Coordinator, at 11 State House Station, Augusta, Maine 04333-0011; 207-287-3707 (V); Maine Relay 711 (TTY); or ADA-CivilRights.DHHS@maine.gov.

Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA/Civil Rights Coordinator.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

BABY CEREAL

ALLOWED:

8 oz or 16 oz containers of the following brands:

- **Beech-Nut (Original, Organic)**
- **Earth's Best Organic**
- **Gerber (Original, Organic)**

TYPES:

- Barley
- Millet Quinoa
- Multigrain
- Oatmeal
- Rice
- Whole Wheat

BABY CEREAL

NOT ALLOWED:

- Baby cereal with added formula, milk, fruit, or other ingredients

INFANT FRUITS & VEGETABLES

ALLOWED:

2 oz or 4 oz container single or multipack or 2 packs of 2oz net wt 4oz:

- Conventional or Organic
- Jars, pouches, and plastic tubs
- Any state of infant fruit or vegetable or blends of fruits and/or vegetables

Containers of infant fruit and/or vegetable (package must say "infant" or "baby") in the following brands:

- **Beech-Nut (Classics, Naturals, Organic)**
- **Earth's Best Organic**
- **Gerber (Natural, Original, Organic)**
- **Happy Baby Organic**
- **Nature's Promise**
- **Once Upon A Farm**
- **O Organics**
- **Parent's Choice**
- **Plum Organics**
- **Tippy Toes (Regular, Organic)**

INFANT FRUITS & VEGETABLES

NOT ALLOWED:

- "Toddler" foods
- Fruits or vegetables mixed with meat, pasta, rice, cereal, yogurt, spices, or seeds

INFANT MEATS

ALLOWED:

2.5 oz containers single or multipack of the following brands:

- **Beech-Nut**
- **Earth's Best Organic**
- **Gerber**

TYPES:

- Conventional or Organic
- Beef
- Chicken
- Turkey
- Ham

INFANT MEATS

NOT ALLOWED:

- Dinners, diced meats or meat sticks
- Baby food combinations or dinners (for example, spaghetti and meatballs, or meat and vegetables)

INFANT FORMULA

ALLOWED:

Brand, type and size listed on benefit.

BREAST MILK

Complete nutrition for your baby.



Fruits and Vegetables

Benefit will say “Fruits and Vegetables” or ‘Fresh Fruits and Vegetables only’

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FRESH

ALLOWED:

- Any type or variety
- Conventional or Organic
- Bagged fruits and vegetables
- Cut fruit and vegetables (without dip)
- Garlic (not on a string)



FRESH

NOT ALLOWED:

- Pickled vegetables or olives
- Items from the salad bar
- Party trays or fruit baskets
- Decorative vegetables and painted pumpkins
- Herbs and spices like basil, parsley or chives

FROZEN

ALLOWED:

- Any package size, brand or mixture
- Conventional or Organic



FROZEN

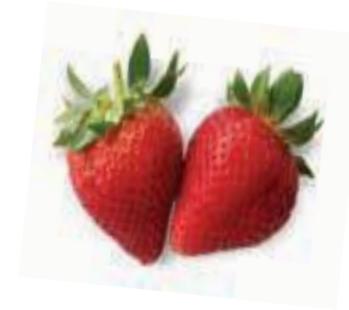
NOT ALLOWED:

- Vegetables with added cheese, sauce, pasta, rice, nuts, breading, or oil
- Fruits or vegetables with added sugars or flavoring
- French fries, tater tots or twice-baked potatoes
- Sorbet or fruit bars

CANNED

ALLOWED:

- Any package size, brand or mixture
- Conventional or Organic
- May be in pouches, metal cans, or glass or plastic jars
- Fruit must be packed in water or 100% fruit juice, without salt
- May contain dried herbs and spices as long as it is not the primary ingredient
- Vegetables may have salt, sea salt, reduced salt, no salt or sodium



CANNED

NOT ALLOWED:

- Pie filling
- Marinated or in cheese sauce
- Home-canned vegetables
- Sauces, pasta, spaghetti, or marinara
- Cream style corn or olives
- Cranberry sauce, soup, ketchup
- Fruits or vegetables with added sugars, fats/oils
- Fruits in gel, gelatin or syrup

DRIED

ALLOWED:

- Any type of dried fruits and/or vegetable

DRIED

NOT ALLOWED:

- Added sugars, fats/oils, or salt
- Loose bulk (self weighed)



Milk and Soy Beverage

MILK

ALLOWED:

- Fat content listed on benefit:
 - 1% or skim
 - 2% or 1½ %
 - Whole
- Organic store brand milk – Great Value Organic, O Organics, Natures Promise Organic, Full Circle Organic
- Quarts, half gallons or gallons
- Any mix of allowed container sizes to reach the amount listed on the benefit



QUART
(0.25) gallons

HALF GALLON
(0.50) gallons

ONE GALLON
(1.00) gallons

MILK

NOT ALLOWED:

- Pints
- Flavored or raw milk
- Other organic milk
- Milk not from cows or goats
- Milk in glass bottles

BREAST MILK

Complete nutrition for your baby.

LACTOSE FREE AND ACIDOPHILUS MILK

ALLOWED (2% ONLY ALLOWED IF ISSUED):

- Lactose Free milk is available in quarts, half gallons or ¾ gallons
- Acidophilus milk is available in half gallons and gallons
- Fat content listed on benefit:
 - 1% or skim Lactose Free/ Acidophilus milk (can be purchased with a “1% or Skim Milk” benefit)
 - 2% (Only Lactose Free). Lactose Free must appear on benefit
 - Whole Lactose Free/ Acidophilus milk (can be purchased with a “Whole Milk” benefit)

LACTOSE FREE AND ACIDOPHILUS MILK

NOT ALLOWED:

- Pints

SHELF STABLE MILK

ALLOWED (2% ONLY ALLOWED IF ISSUED):

- Powdered Nonfat Dry Milk in 3.2 oz, 9.6 oz., 12.8 oz, 16 oz, 25.6 oz, 32 oz and 64 oz containers and can be purchased with a regular “1% or Skim Milk” benefit. Dry milk does not need to be issued
- UHT - Ultra High-Temperature Pasteurized Milk in half gallons or quarts with fat content listed on benefit
 - Fat content listed on benefit:
 - 1% or skim UHT (can be purchased with a “1% or Skim Milk” benefit)
 - 2% (UHT must appear on benefit)
 - Whole UHT (can be purchased with a “Whole Milk” benefit)

WHOLE GOAT MILK

- Whole goat milk may be purchased with a “Whole Milk” benefit
- May be powdered or liquid

SOY BEVERAGE

ALLOWED IF LISTED ON THE BENEFIT:

Containers of soy beverage available in the following sizes and brands:

- **Silk Aseptic** (half gallon)
- **Silk Original** (quart and half gallon)
- **Pacific Ultra** (shelf stable, quart)
- **Westsoy Organic** (shelf stable, quart and half gallon)
- **Great Value** (half gallon)
- **8th Continent** (half gallon)



Cheese, Tofu, Yogurt

CHEESE

ALLOWED:

- 8 oz, 12 oz, 16 oz, 24 oz, and 32 oz packages

ALLOWED:

- Block, shredded, sliced, sticks, strings, crumbles, balls or cubes
- Regular, reduced-fat, 2%, or fat-free
- Regular or organic
- The following flavors (may be single flavor or blended):
 - American
 - Cheddar
 - Colby Jack
 - Monterey Jack
 - Mozzarella
 - Muenster
 - Provolone
 - Swiss



CHEESE

NOT ALLOWED:

- Package sizes other than
 - 8 oz, 12 oz, 16 oz, 24 oz, and 32 oz
- Cheese sliced at the deli counter
- Dips, whips, spreads or cheese with seasoning
- Imported cheese
- Sliced cheese labeled “cheese product” or “cheese food”

TOFU

ALLOWED:

- 8 oz or 14 to 16 oz packages

ALLOWED:

- Conventional or organic
- Cubed, blocks, silken, vacuum packed or sprouted



TOFU

NOT ALLOWED:

- Flavored or baked

YOGURT

ALLOWED:

- 32 oz container (quart)
- Lactose Free
- Fat content listed on benefit
 - Whole milk yogurt
 - Lowfat or Nonfat Yogurt
- Greek or regular
- Organic or regular



YOGURT

NOT ALLOWED:

- Any size other than a 32 oz container
- More than 40g of sugar per 1 cup (8oz)
- Individual cups, single serve or multipacks
- Soy, coconut or almond milk yogurts or kefir

Oatmeal, Rice, Pasta, Tortillas

OATMEAL

ALLOWED:

16 oz and 24-32 oz packages of regular or organic oatmeal



OATMEAL

NOT ALLOWED:

- Individual/Single-serve packages
- Flavored

BROWN RICE

ALLOWED:

- 14-16 oz and 28-32 oz packages
- Any brand of regular, quick, or instant brown rice
- Regular or Organic
- Basmati Brown, Jasmine Brown, or Boil in Bag Brown Rice

BROWN RICE

NOT ALLOWED:

- White, seasoned, wild mixes
- Frozen, single-serve, or ready to serve packets

WHOLE WHEAT PASTA

ALLOWED:

• 13-16 oz and 24 oz packages of any shape 100% whole wheat pasta including organic



TORTILLAS

ALLOWED:

- 16 oz packages of whole wheat or soft corn tortillas
- Regular or organic brands



Bread

WHOLE GRAIN and WHOLE WHEAT BREAD

ALLOWED BREAD SIZES: 13-24 OZ BREAD

Types: Loaf, Buns, or Rolls

- 24 oz packages for women breastfeeding multiples
- 13-16 oz packages for all other women and children.



If a WIC approved bread is not available when choosing your Whole Grain Item, consider purchasing WIC approved whole wheat pasta, oatmeal, tortillas or brown rice.

- Arnold 100% Whole Wheat Bread 18 Oz
- Arnold Country 100% Whole Wheat Bread 24 Oz
- Arnold Stone Ground 100% Whole Wheat Bread 16 Oz
- Arnold Whole Grains 100% Whole Wheat Bread 24 Oz
- Arnold Whole Grains 100% Whole Wheat Sandwich Buns 8 Ct 16 Oz
- Bakers Choice 100% Whole Wheat Bread 16 Oz
- Best Yet 100% Whole Wheat Bread 16 Oz
- Bimbo 100% Whole Wheat Bread 16 Oz
- Country Kitchen Natural 100% Wheat Bread 24 Oz
- Country Kitchen Whole Grain Soft Oatmeal Bread 24 Oz
- Food Club 100% Whole Wheat Bread 16 Oz
- Freihofer's Country 100% Whole Wheat Bread 24 Oz
- Freihofer's Hearty 100% Whole Wheat Bread 24 Oz
- Great Value Whole Wheat Bread 24 Oz
- Hannaford 100% Whole Wheat Bread 16 Oz
- Hannaford 100% Whole Wheat Bread 24 Oz
- Hannaford Whole Grain 100% Whole Wheat Bread 24 Oz
- Market Basket 100% Whole Wheat Bread 16 Oz
- Market Basket 100% Whole Wheat Bread 24 Oz
- Natures Own 100% Whole Grain Bread 20 Oz
- Nature's Own 100% Whole Wheat Hamburger Buns 8 Ct 15 Oz
- Nature's Own 100% Whole Wheat Hot Dog Rolls 8Ct 13Oz
- Nature's Own 100% Whole Wheat W/ Honey Bread 16 Oz
- Nature's Own Sugar Free 100% Whole Grain Bread 16 Oz

- Open Nature 100% Whole Wheat Bread 24 Oz
- Panera Bread 100% Whole Wheat Bread 24 Oz
- Pepperidge Farm Farmhouse 100% Whole Wheat Bread 24Oz
- Pepperidge Farm Farmhouse Whole Grain Wheat Bread 24 Oz
- Pepperidge Farm Light Style 100% Whole Wheat Bread 16Oz
- Pepperidge Farm Light Style Soft Wheat Bread 16 Oz
- Pepperidge Farm Stone Ground Whole Wheat Bread 16 Oz
- Pepperidge Farm Very Thin Whole Wheat Bread 16 Oz
- Pepperidge Farm Whole Grain 100% Whole Wheat Bread 24Oz
- Pepperidge Farm Whole Grain 15 Grain Bread 24 Oz
- Pepperidge Farm Whole Grain German Dark Wheat Bread 24Oz
- Pepperidge Farm Whole Grain Honey Wheat Bread 24 Oz
- Pepperidge Farm Whole Grain Oatmeal Bread 24 Oz
- Pepperidge Farm Bakery Classics 100% Whole Wheat Hamburger Buns 8Ct 14.5Oz
- Pepperidge Farm Swirl 100% Whole Wheat Cinnamon Bread 16 Oz
- Sara Lee 100% Whole Wheat Bread 16 Oz
- Sara Lee Soft Smooth 100% Whole Wheat Bread 24 Oz
- Signature Select 100% Whole Wheat Bread 16 Oz
- Signature Select No Salt Added Whole Wheat Bread 16 Oz
- Signature Select Stoneground Wheat Bread 24 Oz
- Signature Select Whole Wheat Bread 24 Oz
- Sunbeam 100% Whole Wheat Bread 16 Oz
- Three Bakers Gluten Free Seven Ancient Grains Whole Grain Bread 17 Oz
- Wonder 100% Whole Wheat Bread 16 Oz

WHOLE GRAIN and WHOLE WHEAT BREAD

NOT ALLOWED:

Bagels or English muffins Deli or bakery breads White bread

Juice – Frozen or Liquid Concentrate

Participants are encouraged to purchase the least expensive brand available.

100% JUICE ALLOWED 100% JUICE SIZES:

- 11.5 to 12 oz containers Frozen Juice Concentrate
- 11.5 to 12 oz containers of Liquid Juice Concentrate
- 64 oz bottles of juice

11.5 TO 12 OZ FROZEN JUICE (Yields 48 ounces)

- **Best Yet** Apple, Grape, Grapefruit, Orange (Regular, Country Style and Pulp Free)
- **Dole** Orange Peach Mango, Orange Strawberry Banana, Pineapple (and Pineapple with Orange Banana, Orange, Orange Strawberry)
- **Food Club** Apple, Orange (Extra Pulp, Pulp Free, Regular), Grape, Grapefruit
- **Freedoms Choice** Apple, Orange (Country Style, Pulp Free, Regular, With Calcium)
- **Great Value** Apple, Grape, Orange, Florida Grapefruit, Orange (Country Style and Pulp Free)
- **Hannaford** Apple, Grape, Orange (Pulp, Pulp Free, Regular)
- **Hy Top** Orange
- **IGA** Orange (Regular and Country Style)
- **Langers** Apple, Orange
- **Market Basket** Apple, Grape, Orange (Regular, Country)
- **Minute Maid Orange** (Original, Country, Pulp Free)

11.5 TO 12 OZ FROZEN JUICE (continued) (Yields 48 ounces)

- **Old Orchard All 100% Juice**
- **Seneca** Apple and Grape
- **Signature Select** Apple and Orange (Original, Country Style, Pulp Free)
- **Tipton Grove** Apple and Orange
- **Value Time** Orange (Original and No Pulp)

WIC cannot pay the 5-cent bottle deposit. WIC participants must pay the deposit for each bottle of juice.

12 OZ FROZEN CALCIUM FORTIFIED JUICE (Yields 48 ounces)

- **Best Yet** Orange w/Calcium
- **Food Club** Orange w/Calcium
- **Great Value** Orange w/Calcium
- **Hannaford** Orange w/Calcium
- **IGA** Orange w/Calcium
- **Market Basket** Orange w/Calcium
- **Minute Maid** Grapefruit w/Calcium, Orange w/Calcium
- **Old Orchard** Orange w/Calcium
- **Signature Select** Calcium Enriched Orange

11.5 SHELF STABLE CONCENTRATE JUICE (Yields 48 ounces)

- **Welch's** Apple
- **Welch's** Grape



100% JUICE NOT ALLOWED:

Juice drinks with added sugar Juice Cocktails

Juice – 64 oz Bottles

WIC cannot pay the 5-cent bottle deposit. WIC participants must pay the deposit for each bottle of juice.

100% JUICE

ALLOWED 100% JUICE SIZES:

- 11.5 to 12 oz containers Frozen Juice Concentrate
- 11.5 to 12 oz containers of Liquid Juice Concentrate
- 64 oz bottles of juice

64 OZ BOTTLES JUICE

- **Apple And Eve** Apple, Cranberry, Cranberry Apple, Cranberry Grape, Cranberry Juice And More, Cranberry Pomegranate, Natural Apple, Naturally Cranberry, Pineapple Tangerine, Strawberry Passion, Watermelon Grape
- **Best Yet** Apple, Cranberry, Grape, Grapefruit, Pineapple, Ruby Red Grapefruit, Tomato, Vegetable, White Grape
- **Campbells** Tomato, Low Sodium Tomato
- **Food Club** Apple, Apple Cider, Calcium Added Apple, Cranberry Grape, Grape, Grapefruit, Orange, Pineapple, Premium Apple, Tomato, Vegetable, White Grape
- **Freedoms Choice** Apple, Grape
- **Great Value** Apple, Cranberry Grape Blend, Cranberry Blend, Cranberry Pomegranate, Grape, Guava, Low Sodium Vegetable, Mango Peach, Not From Concentrate Apple, Orange, Pear, Pineapple, Tomato, Vegetable, White Grape, White Grape Peach

64 OZ BOTTLES JUICE (continued)

- **Hannaford** Apple, Berry, Cranberry Grape, Cranberry Raspberry, Fruit Punch, Grape, Honeycrisp Style Apple, Low Sodium Vegetable, Pineapple, Vegetable, Ruby Red Grapefruit, White Grape
- **Harvest Classic** Apple
- **IGA** Apple, Grape, Pineapple, Tomato, Vegetable, White Grape
- **Juicy Juice** 100% Juice All Flavors
- **Langers** 100% Juice All Flavors except some Plus juices which don't add Vitamin C
- **Market Basket** Apple, Cranberry Grape Blend, Cranberry Raspberry Blend, Cranberry Red Delicious Apple Blend, Grape, White Grape, White Grape Peach Blend
- **Motts** Apple Cherry, Apple, Apple Mango, Apple White Grape
- **Ocean Spray** 100% Juice All Flavors
- **Old Orchard** 100% Juice All Flavors
- **Sesame Street** Big Bird Apple, Elmos Fruit Punch, Grovers White Grape
- **Signature Select** Apple, Apple Cider, Cranberry Grape, Cranberry, Cranberry Raspberry, Grape, Grapefruit, Low Sodium Vegetable, Pineapple, Tomato, Vegetable, White Grape
- **That's Smart** Grape
- **Tipton Grove** Apple, Cranberry, Grape, Pineapple, White Grape
- **V8** Low Sodium Vegetable, Original Vegetable, Spicy Hot Vegetable
- **Welch's** Grape (regular, with Calcium, with Fiber), Red Grape, White Grape Cherry, White Grape, White Grape Peach



Participants are encouraged to purchase the least expensive brand available.

100% JUICE

NOT ALLOWED:

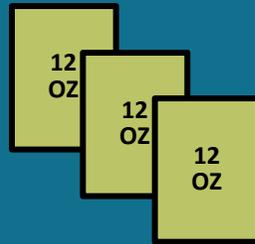
- Juice drinks with added sugar
- Juice Cocktails

Cereal (Whole Grain Options)

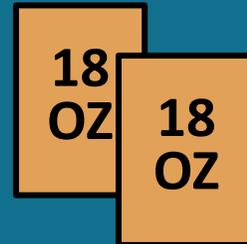
ALLOWED BREAKFAST CEREAL SIZES: 12 OUNCES OR LARGER CONTAINERS



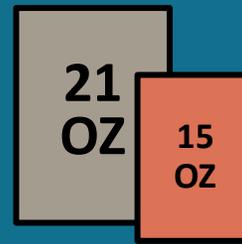
WAYS TO
BUY 36 OZ
OF CEREAL



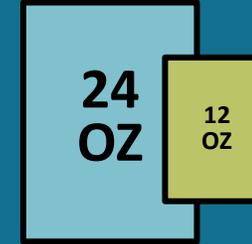
Totals 36 oz



Totals 36 oz



Totals 36 oz



Totals 36 oz

Participants
are encouraged to
purchase the
least expensive brand
available.

Cereal selection continued on next page.

WHOLE GRAIN BREAKFAST CEREALS

- **Best Yet** Bite Size Frosted Shredded Wheat, Bran Flakes, Bite Size Strawberry Shredded Wheat, Toasted Oats
- **Cream Of Wheat** Whole Grain Cereal 2 ½ Minutes and Instant
- **Food Club** Bite Size Frosted Shredded Wheat, Bran Flakes, Frosted Mini Wheats Bite Sized, Multigrain Medley, Oatmeal Squares W/ Brown Sugar, Toasted Oats, Wheat Squares
- **General Mills** Berry Berry Kix, Cheerios, Fiber One Honey Clusters, Honey Kix, Kix, Multigrain Cheerios, Wheat Chex, Wheaties, Whole Grain Total
- **Great Value** Bran Flakes, Crunchy Nuggets, Frosted Shredded Wheat, Multi Grain Os, Toasted Os, Wheat Squares
- **Hannaford** Bite Size Frosted Shredded Wheat, Bite Size Strawberry Frosted Shredded Wheat, Creamy Wheat Cereal , Easy Living Oat Squares Cereal, Enriched Wheat Bran Flakes, Frosted Shredded Wheat, Multigrain Tasteos Cereal, Nutty Nuggets, Tasteos, Toasted Wheat, Wheat Flakes
- **IGA** Bite Size Frosted Shredded Wheat and Toasted Oats
- **Kashi** Organic Honey Toasted Hearts and O's, Organic Warm Cinnamon Hearts and O's
- **Kelloggs** All Bran Complete Wheat Flakes, Frosted Mini Wheats (Regular, Mixed Berry, Blueberry, Cinnamon Roll, Little Bites, Pumpkin Spice, Strawberry, Chocolate Little Bites, Touch Of Fruit Raspberry), Special K (Banana, Protein Honey Almond Ancient Grains, Protein Original Multigrain Touch of Cinnamon)
- **Kiggins** Frosted Shredded Wheat (regular and Bite Size)
- **Malt O Meal** Mini Spooners (Frosted, Blueberry and Strawberry Cream), Original Hot Wheat Cereal
- **Market Basket** Bite Size Shredded Wheat (Blueberry, Frosted, Strawberry), Enriched Bran Flakes, Frosted Shredded Wheat, Nutty Nuggets, Oat Squares, Tasteos, Wheat Biscuits
- **Post** Grape Nuts (Flakes and Original), Honey Bunches Of Oats Whole Grain Honey Crunch
- **Quaker** Oatmeal Squares (Brown Sugar, Cinnamon, Golden Maple, Honey Nut), Life (Original, Strawberry, Vanilla)
- **Signature Select** Bite Size Frosted Shredded Wheat, Bite Size Shredded Wheat, Bran Flakes, Live It Up, Nutty Nuggets, Toasted Oats

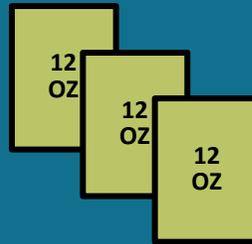


Cereal (Non-Whole Grain Options)

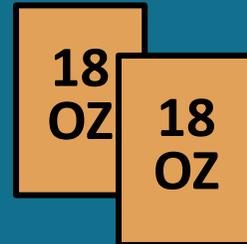
ALLOWED BREAKFAST CEREAL SIZES: 12 OUNCES OR LARGER CONTAINERS



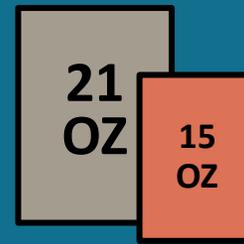
WAYS TO
BUY 36 OZ
OF CEREAL



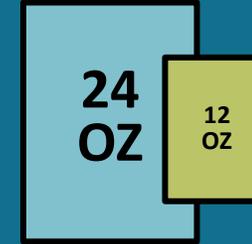
Totals 36 oz



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Totals 36 oz



Totals 36 oz

Participants are encouraged to purchase the least expensive brand available.

NON-WHOLE GRAIN BREAKFAST CEREALS

- **Best Yet** Corn Flakes, Crispy Rice, Honey Oats And Flakes
- **Cream Of Rice** Cereal and Instant Cereal ★
- **Cream Of Wheat** Original Cereal (1 Minute, 2 ½ Minutes, Instant) ★
- **Food Club** Corn Flakes, Corn Squares, Creamy Wheat Farina ★ , Crisp Rice, Honey And Oats, Honey Oats W/Almonds, Rice Squares
- **General Mills** Chex (Blueberry, Cinnamon, Corn, Rice, Vanilla)
- **Great Value** Corn Flakes, Corn Squares, Rice Crisps, Rice Squares)
- **Hannaford** Corn Flakes, Crispy Hexagons, Crispy Rice, Oats And More With Almonds, Oats And More With Honey, Toasted Corn, Toasted Rice Cereal
- **IGA** Corn Flakes, Crispy Rice
- **Kelloggs** Corn Flakes (Regular, Cinnamon), Crispix, Rice Krispies, Special K Original
- **Kiggins** Corn Flakes, Crispy Rice, Rollin Oats Cereal
- **Malt O Meal** Crispy Rice
- **Market Basket** Corn Biscuits, Corn Flakes, Crispy Hexagons, Crispy Rice, Rice Biscuits
- **Post** Great Grains Banana Nut Crunch, Great Grains Crunchy Pecan, Honey Bunches of Oats Honey Roasted, Honey Bunches Of Oats Maple and Pecans, Honey Bunches Of Oats Vanilla, Honey Bunches of Oats with Almonds
- **Quaker** Original Instant Grits ★
- **Signature Select** Corn Flakes, Corn Pockets, Crispy Rice, Oats And More Honey, Oats And More With Almonds, Rice Pockets
- **That's Smart** Crisp Rice



Peanut Butter, Beans, Peas and Lentils

DRIED BEANS, PEAS, LENTILS

ALLOWED:

- 16 to 32 oz packages
- Any type of unflavored dried beans/peas/lentils.
- Regular or organic



DRIED BEANS, PEAS, LENTILS

NOT ALLOWED:

- Beans with added sugars, fats, oils, meats, fruits or vegetables
- Soup mixes or dried beans/peas/lentils with flavor packets

CANNED BEANS

ALLOWED:

- 15 to 16 oz cans only
- Plain canned beans, including fat-free refried beans, regular or organic, low sodium or no salt added



CANNED BEANS

NOT ALLOWED:

- Green or wax beans or green peas – you can buy these with a fruit and vegetable benefit
- Baked beans, pork and beans or soup mix
- Beans with added sugars, fats, oils, meats, fruit or vegetables

PEANUT BUTTER

ALLOWED:

- 16 to 18oz containers
- Smooth, creamy, chunky or crunchy
- Regular or **organic**



PEANUT BUTTER

NOT ALLOWED:

- Peanut butter with added sweeteners or flavors such as honey, marshmallow, jelly, or chocolate
- Peanut butter with flaxseed or palm oil
- Packets or squeezable containers
- Peanut butter spreads

Eggs and Canned Fish

EGGS

ALLOWED:

- A full dozen of any size
- Brown or white shells
- Regular or organic
- Cage-free
- Free-range or free-running



EGGS

NOT ALLOWED:

- Low cholesterol

CANNED FISH

ALLOWED:

- 3.75 to 15 oz containers of chunk light tuna, pink salmon or sardines packed in water
- Pouches or cans (including multipacks)
- May contain vegetable broth
- Regular, low sodium or no salt added



CANNED FISH

NOT ALLOWED:

- Albacore, solid white or yellow fin tuna
- Fish packed in oil, or smoked, seasoned or flavored
- Kipperd fish

If I am eligible for WIC, how long can I get benefits?

- While pregnant
- Up to one year after delivery if you are breastfeeding your baby
- Up to six months after delivery if you are not breastfeeding
- Up to a child's fifth birthday

What if I move?

If you plan to move somewhere else in Maine, you can check our website for a listing of all WIC offices in the state at www.maine.gov/WIC. If you plan to move out of Maine, please let WIC staff know.

What is an Alternate Representative / proxy?

A proxy is someone you trust. You give this person permission to use your eWIC card at the grocery store or to attend WIC appointments for you.

If you assign someone to be a proxy, that person must:

- Understand what foods to buy and how to use the eWIC card
- Bring this folder to a WIC appointment along with a form of identification

Can I participate in more than one WIC program at the same time?

No.

Why can't WIC staff talk to family members or my friends about my child or me?

The WIC program protects your right to privacy. WIC will not share any information without your permission. This includes appointment times and medical information. However, if a WIC staff member believes that a child is in danger, she or he is required by law to report this to a DHHS staff member who will follow up with the family.

What if I lose my eWIC card or it is stolen or damaged?

Notify your WIC office right away. Treat your eWIC card like cash. Keep it in a safe place.

Do I need to purchase everything listed on my eWIC benefit?

No, you are not required to pick up everything in one trip. Unused benefits do not carry forward.

What if I have spent all of my eWIC benefit and my baby is out of formula?

WIC can only provide a certain amount of formula each month. As your baby gets older, he or she may need more formula than you receive from WIC. If this happens, you will have to buy the extra formula until your next eWIC benefit begins.

What to bring to your WIC appointment

Proof of identification for yourself and each person who is applying for WIC (examples):

- Military, photo, passport or school ID
- Driver's license
- Birth certificate
- MaineCare card (or paperwork)
- Shot/immunization records
- Foster care/adoption paperwork
- Social Security card

Proof of residency (examples):

- Envelope that was mailed to your home address
- Utility bill
- Rent receipts
- Official letter
- Driver's license with your home address

Proof of household income for all people living in your house (examples):

- Paycheck stubs for current job
- Tax return for previous year (only if current income is the same)
- Eligibility paperwork for MaineCare, TANF or SNAP



Shopping Hints



1. BEFORE YOU SHOP MAKE SURE YOU HAVE:

- Your eWIC Card with valid benefits loaded.

2. WHILE SHOPPING:

- Use your benefit as your shopping list.
- Use this booklet or the WICShopper App to help you select WIC approved foods that match your benefit.
- Refer to your benefit for the amounts (1 Container) and size (64 Ounces) of the foods you can buy.

3. BEFORE CHECKOUT :

- Have all the foods listed on each benefit.
- Check with the store before using the self checkout lane.

4. AT THE REGISTER:

- Place your WIC items on the checkout counter grouped together by benefit.
- Get your receipt and eWIC card before leaving.
- If you are purchasing more than 50 WIC approved foods, your purchase will need to be split into 2 transactions.
- Be sure to review your WIC purchase before approving the transaction.
- Keep this card so that future benefits may be loaded.
- WIC does not pay for bottle deposit & bag fees.

