

# MAINE WIC

## NUTRITION PROGRAM

APPROVED FOOD LIST AND PARTICIPANT BOOKLET

Effective April 13, 2020

Maine



1397 0123 4567 8910

eWIC



**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:

- o Providing my information to the United States Department of Agriculture (USDA), which oversees WIC;
- o 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;
- o Sharing with DHHS programs for the purpose of improving my health, education or well-being if I am already enrolled in their programs;
- o 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.

## 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.

## 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)

### **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, religious creed, disability, age, political beliefs, 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: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), 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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# BABY FOOD

## 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

### NOT ALLOWED:

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

## APPROVED BRANDS:



Participants are encouraged to purchase the least expensive brand available.

## INFANT FRUITS & VEGETABLES

### ALLOWED:

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

- Conventional or Organic
- Jars, pouches, and plastic tubs
- Any stage 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 (Natural, Original, Organic)
- Once Upon A Farm
- O Organics
- Parent's Choice
- Plum Organics

### NOT ALLOWED:

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

## APPROVED BRANDS:



## 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

### NOT ALLOWED:

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

## INFANT FORMULA

Brand, type & size listed on benefit.

## BREAST MILK

Complete nutrition for your baby.

## APPROVED BRANDS:



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# FRUITS AND VEGETABLES

Benefit will say 'Fresh only' or 'Fresh, Frozen or Canned'

## FRESH

### ALLOWED:

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

### NOT ALLOWED:

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

## 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
- Vegetables may have salt, sea salt, reduced salt, no salt or sodium

### NOT ALLOWED:

- Pie filling
- Pickled, marinated or in cheese sauce
- Home-canned vegetables
- Sauces - pizza, pasta, spaghetti, or marinara
- Tomatoes with flavoring like garlic or basil
- Cream style corn or olives
- Cranberry sauce, soup, ketchup or salsa
- Fruits or vegetables with added sugars, artificial sweeteners, fats, oils, herbs or spices
- Fruits in gel, gelatin or syrup

## FROZEN

### ALLOWED:

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

### NOT ALLOWED:

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



Participants are encouraged to purchase the least expensive brand available.

# MILK, SOY BEVERAGE, CHEESE, TOFU, YOGURT

## Helpful Hints:

- Any combination to reach gallon
- Acidophilus milk, such as Nutrish, may be purchased based on the fat listed on benefit. For example, "skim or 1% milk" may be used to purchase 1% Nutrish



## MILK

### ALLOWED:

- Gallons, half gallons or quarts
- Fat content listed on benefit:
  - 1% or skim
  - 2% or 1 1/2%
  - Whole

### NOT ALLOWED:

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

### ALLOWED:

- 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

## SHELF STABLE MILK

### ALLOWED:

- Powdered Nonfat Dry Milk in 9.6 oz or 25.6 oz containers
- UHT - Ultra High-Temperature Pasteurized Milk in half gallons or quarts with fat content listed on benefit

## LACTOSE FREE MILK

### ALLOWED:

- Half gallons, 3/4 gallons or quarts
- Fat content listed on benefit:
  - Lactose Free 1% or skim
  - Lactose Free 2%
  - Lactose Free Whole

### NOT ALLOWED:

- Pints

## SOY BEVERAGE

### ALLOWED IF LISTED ON THE BENEFIT:

- Half gallons or quarts
  - 8th Continent Soymilk, Original, refrigerated half gallon
  - Great Value Soymilk, Original, refrigerated half gallon
  - Pacific Ultra Soy, Original, shelf stable quart
  - Silk Original Soymilk, refrigerated half gallon or shelf stable quart
  - West Soy, Organic Plus, shelf stable quart



## CHEESE

### ALLOWED:

- 8 oz, 16 oz, 24 oz, and 32 oz packages
- Block, shredded, sliced, sticks, crumbles, balls or cubes
- Regular, reduced-fat, 2%, or fat-free
- The following flavors (may be single flavor or blended):
  - American
  - Cheddar
  - Colby Jack
  - Monterey Jack
  - Mozzarella
  - Muenster
  - Provolone
  - Swiss
  - String cheese



### NOT ALLOWED:

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

Participants are encouraged to purchase the least expensive brand available.

## TOFU

### ALLOWED:

- 8 oz or 14 to 16 oz packages

### ALLOWED:

- Conventional or organic
- Cubed, blocks, silken, vacuum packed or sprouted
- Of the following brands:
  - Azumaya
  - Heiwa Organic
  - House Foods
  - Nasoya Organic
  - Nature's Promise
  - O Organics

### NOT ALLOWED:

- Flavored or baked



## YOGURT

### ALLOWED:

- 32 oz container (quart)
- Fat content listed on benefit
  - Whole milk yogurt
  - 2% or 1 1/2 % or 1% or skim Yogurt

### ALLOWED:

- Greek or regular
- Organic or regular
- Plain or flavored of the following brands:
 

- Axelrod	- Greek Gods	High
- Best Yet	- Green	- Nature's
- Brown Cow	- Mountain	Place/
- Cabot	- Creamery	Nature's
- Chobani	- Hannaford	Promise
- Coburn	- LaLa Yogurt	- O Organics
Farms	- Lucerne	- Open Nature
- Dannon	- Maple Hill	- Stonyfield
- Food Club/	Organic	Organics
Shurfine	- Market	- Two Good
- Full Circle	Basket	- Wallaby
- Great Value	- Mountain	- Yoplait



### NOT ALLOWED:

- Any size other than a 32 oz container
- Individual cups, single serve or multipacks
- Soy, coconut or almond milk yogurts or kefir

# BREAD, RICE, OATMEAL, PASTA, TORTILLAS

Participants are encouraged to purchase the least expensive brand available.

## OATMEAL

### ALLOWED:

- 16 oz packages
- Bob's Red Mill Extra Thick Rolled Oats
- Bob's Red Mill Instant Rolled Oats
- Bob's Red Mill Quick Cooking Rolled Oats
- McCann's Quick and Easy Steel Cut Irish Oatmeal
- McCann's Quick Cooking Irish Oatmeal
- McCann's Steel Cut Irish Oatmeal
- Mom's Best Quick Oats
- Mom's Best Old Fashioned Oats

### NOT ALLOWED:

- Individual/ single-serve packets
- Flavored
- Organic oatmeal



## TORTILLAS

### ALLOWED:

- 16 oz package of soft shell
- Chi Chi's White Corn Tortillas
- Chi Chi's Whole Wheat Tortillas
- Don Pancho Whole Wheat Tortillas
- Food Club/ Shurfine Whole Wheat Tortillas
- Hannaford Whole Wheat Tortillas
- Herdez Corn Tortillas
- Herdez Whole Wheat Tortillas
- La Banderita 100% Whole Wheat Tortillas
- Market Basket Whole Wheat Tortillas
- Mayan Farm Whole Wheat Tortillas
- Mission Whole Wheat Tortillas
- Mission Yellow Corn Tortillas
- Ortega Whole Wheat Tortillas
- Santa Fe White or Yellow Corn Tortillas
- Santa Fe Whole Wheat Tortillas
- Signature Select Whole Wheat Tortillas
- Tia Rosa 100% Whole Wheat Tortillas
- Tio Santi 100% Whole Wheat Tortillas



## WHOLE WHEAT PASTA

### ALLOWED:

- 16 oz packages
- Any shape 100% whole wheat pasta of these brands:
  - Barilla
  - Colavita
  - Food Club/ Shurfine
  - Full Circle
  - Great Value
  - Hodgson Mills
  - Nature's Place/ Nature's Promise
  - O Organics
  - Racconto
  - Ronzoni
  - Signature Select



## BROWN RICE

### ALLOWED:

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

### NOT ALLOWED:

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



## BREAD

### ALLOWED THE SIZE LISTED ON BENEFIT:

16 oz Bread



Arnold Stoneground 100% Whole Wheat Bread



Best Yet 100% Whole Wheat Bread



Bimbo 100% Whole Wheat Bread



Hannaford 100% Whole Wheat Bread



Market Basket 100% Whole Wheat Bread



Nature's Own Life Sugar Free 100% Whole Grain Bread



Nature's Own 100% Whole Wheat Bread with Honey



Pepperidge Farm 100% Whole Wheat Bread



Pepperidge Farm Whole Grain Cinnamon Bread



Pepperidge Farm Light Style 100% Whole Wheat Bread



Pepperidge Farm Very Thin 100% Whole Wheat Bread



Sara Lee 100% Whole Wheat Bread



Signature Select 100% Whole Wheat Bread



Signature Select No Salt Added Whole Wheat Bread



Sunbeam 100% Whole Wheat Bread



Wonder 100% Whole Wheat Bread

24 oz Bread



Arnold Whole Grain 100% Whole Wheat Bread



Country Kitchen 100% Whole Wheat Bread



Freihofer's Hearty 100% Whole Wheat Bread

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.

### NOT ALLOWED:

- Buns, rolls, bagels or English muffins
- Deli or bakery breads
- Organic or white bread



## BOTTLED 100% JUICE

**ALLOWED:**  
64 oz bottles

### NOT ALLOWED:

- Juice drinks with added sugar, juice cocktails, or organic



**APPLE AND EVE:**  
Any flavor



**BEST YET:**  
Apple, Cranberry, Grape, Grapefruit, Pineapple, White Grape



**CAMPBELL'S:**  
Tomato, Tomato (Low Sodium)



**FOOD CLUB/ SHURFINE:**  
Apple, Cranberry Grape, Grape, Grapefruit, Orange, Pineapple, Tomato, Vegetable, White Grape



**GREAT VALUE:**  
Apple, Cranberry Blend, Cranberry Grape, Cranberry Pomegranate, Grape, Tomato, Vegetable, White Grape



**HANNAFORD:**  
Apple, Berry, Cranberry Grape, Cranberry Raspberry, Fruit Punch, Grape, Vegetable, Vegetable (Low Sodium), White Grape, White Grapefruit



**HY-TOP:**  
Apple, Grape



**IGA:**  
Apple, Grape, Grapefruit, Tomato, Vegetable, White Grape



**JUICY JUICE:**  
Any flavor



**LANGERS:**  
Any flavor  
100% juice



**MARKET BASKET:**  
Apple, Grape, White Grape



**MOTT'S:**  
Apple, Apple Cherry, Apple Mango, Apple White Grape



**OLD ORCHARD:**  
Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange, Orange Tangerine, Peach Mango, Red Raspberry, Strawberry Watermelon, Tart Cherry, White Grape, Wild Cherry



**SIGNATURE SELECT:**  
Apple, Cranberry Blend, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Orange, Pineapple, Tomato, Vegetable, White Grapefruit, White Grape



**TIPTON GROVE:**  
Apple, Grape



**V8:**  
Original Vegetable, Original Vegetable (Low Sodium), Spicy Hot Vegetable



**WELCH'S:**  
Black Cherry Concord Grape, Grape, Red Grape, Super Berry, Tropical Trio, White Grape, White Grape Cherry, White Grape Peach, White Grape Raspberry

## FROZEN 100% JUICE CONCENTRATE

**ALLOWED:**  
11.5 to 12 oz containers

### NOT ALLOWED:

- Juice drinks with added sugar, juice cocktails, or organic

Participants are encouraged to purchase the least expensive brand available.



**ANY BRAND:**  
• Grapefruit  
• Orange



**BEST YET:**  
• Apple  
• Grape



**DOLE:**  
• All flavors of 100% juice



**FOOD CLUB/ SHURFINE:**  
• Apple  
• Grape



**GREAT VALUE:**  
• Apple  
• Grape



**HANNAFORD:**  
• Apple  
• Grape



**HY-TOP:**  
• Apple  
• Grape



**IGA:**  
• Apple  
• Grape



**LANGERS:**  
• Apple



**MARKET BASKET:**  
• Apple



**OLD ORCHARD: (GREEN TOP ONLY)**  
• All flavors of 100% juice



**SENECA:**  
• Apple  
• Grape



**SIGNATURE SELECT:**  
• Apple



**TIPTON GROVE:**  
• Apple



**WELCH'S: (YELLOW PULL TAB ONLY)**  
• All flavors of 100% juice

## LIQUID 100% JUICE CONCENTRATE

**ALLOWED:**  
11.5 to 12 oz containers

### NOT ALLOWED:

- Juice drinks with added sugar or juice cocktails



**WELCH'S: (YELLOW TOP ONLY)**  
• All flavors

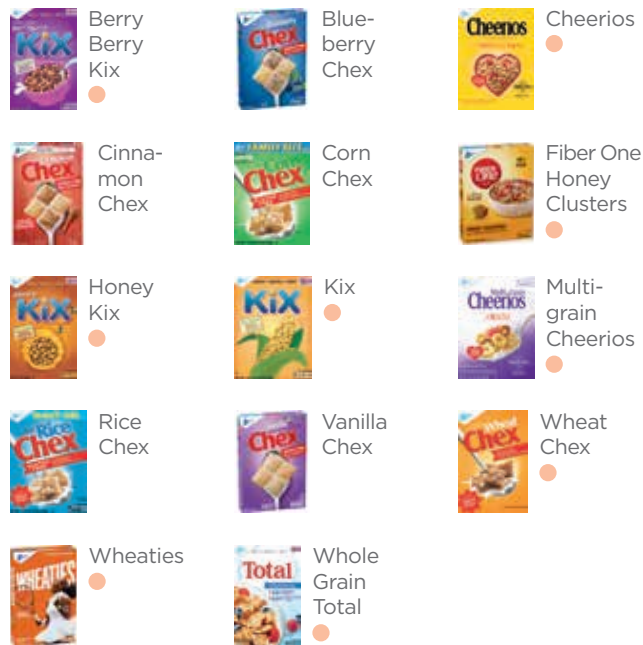


# CEREAL

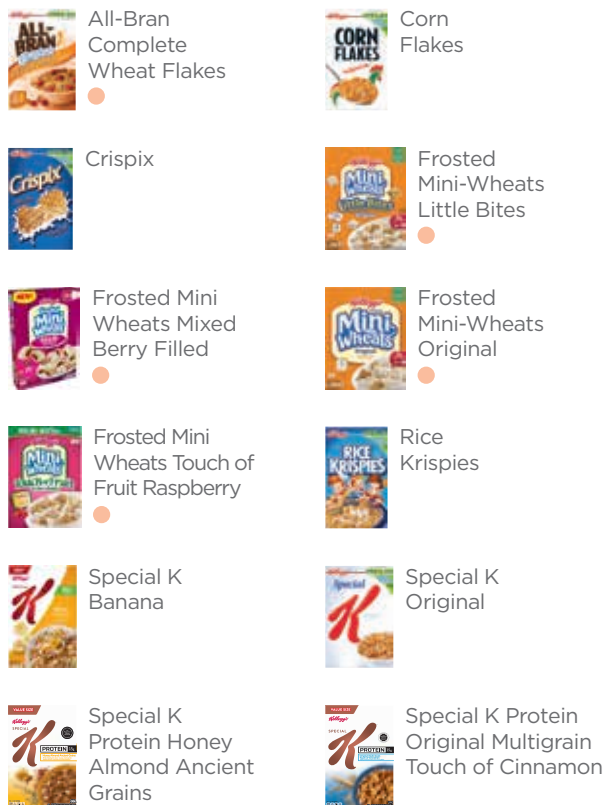
## NATIONAL BRANDS

**ALLOWED:**  
12 oz or larger containers

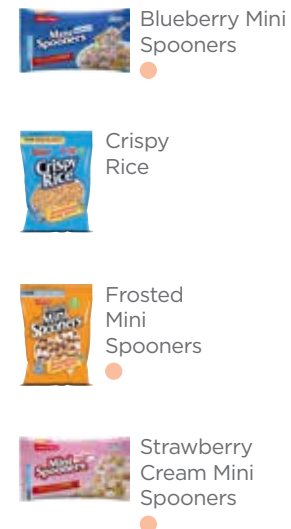
### GENERAL MILLS:



## KELLOGG'S:

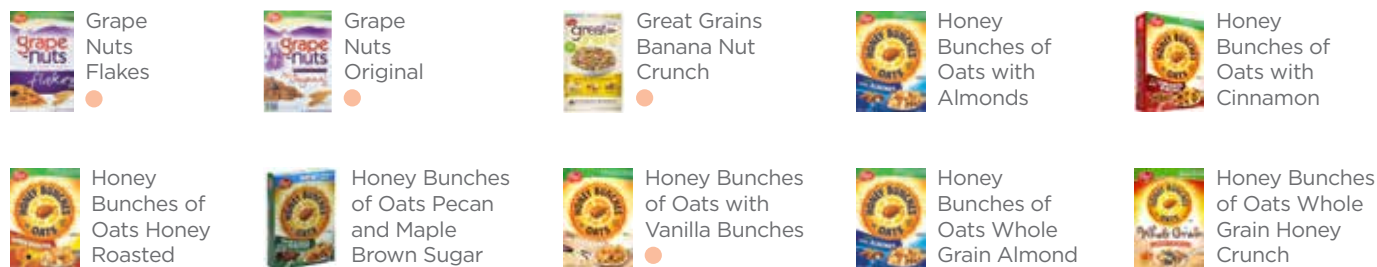


## MALT-O-MEAL:

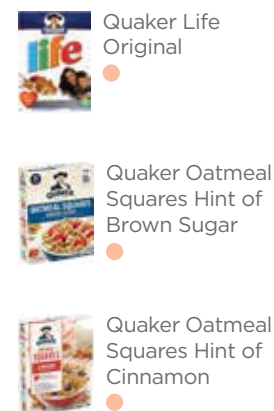


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### POST:



### QUAKER:



### HOT CEREALS:



**Participants are encouraged to purchase the least expensive brand available.**



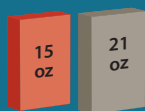
## WAYS TO BUY 36 OZ OF CEREAL



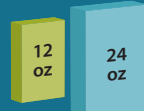
Totals 36 oz



Totals 36 oz



Totals 36 oz



Totals 36 oz

KEY: ● WHOLE GRAIN

Cereal selection continued on next page.



# CEREAL

Cereal selection continued from previous page.

## STORE BRANDS

**ALLOWED:**  
12 oz or larger containers



### BEST YET:

- Bite Size Frosted Shredded Wheat ●
- Bran Flakes ●
- Corn Flakes
- Crispy Rice
- Honey Oats and Flakes
- Honey Oats and Flakes with Almonds
- Toasted Oats ●



### KIGGINS:

- Bite Size Frosted Shredded Wheat ●
- Bran Flakes ●
- Corn Flakes
- Crispy Rice
- Rollin' Oats



### FOOD CLUB/ SHURFINE:

- Bite Size Frosted Shredded Wheat ●
- Bran Flakes ●
- Corn Flakes
- Corn Squares
- Crisp Rice
- Honey and Oat Clusters
- Honey and Oats with Almonds
- Multigrain Toasted Oats ●
- Rice Squares
- Toasted Oats ●
- Wheat Squares ●



### MARKET BASKET:

- Bran Flakes ●
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat ●
- Oats and More with Almonds
- Oats and More with Honey
- Tosteos ●



### GREAT VALUE:

- Bran Flakes ●
- Corn Flakes
- Crisp Rice
- Crunchy Nuggets ●
- Frosted Shredded Wheat ●
- Multigrain O's
- O's



### SIGNATURE SELECT:

- Bran Flakes ●
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Frosted Shredded Wheat ●
- Live It Up! ●
- Nutty Nuggets ●
- Oats and More with Almonds
- Oats and More with Honey
- Rice Pockets
- Toasted Oats ●



### HANNAFORD:

- Bite Size Frosted Shredded Wheat ●
- Bite Size Strawberry Frosted Shredded Wheat ●
- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Easy Living Oat Squares
- Multigrain Tosteos ●
- Oats and More with Almonds
- Oats and More with Honey
- Tosteos
- Toasted Corn Cereal
- Toasted Rice Cereal



### IGA:

- Bite Size Frosted Shredded Wheat ●
- Bran Flakes ●
- Corn Flakes
- Crispy Rice
- Corn Squares
- Crispy Corn and Rice
- Nutty Nuggets ●
- Rice Squares
- Tosteos ●

Participants are encouraged to purchase the least expensive brand available.

KEY: ● WHOLE GRAIN



## CEREAL

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# BEANS, PEAS, LENTILS, EGGS, PB, FISH

## DRIED BEANS, PEAS, LENTILS

### ALLOWED:

- 16 to 32 oz packages
- Any type of dried beans, peas or lentils
- Regular or organic store-brand beans (Full Circle Organic, Great Value Organic, Nature's Place/Nature's Promise, O Organics)

### NOT ALLOWED:

- Other organic beans
- Beans with added sugars, fats, oils, meats, fruits or vegetables
- Soup mixes



4 cans = 1 container

Participants are encouraged to purchase the least expensive brand available.

## CANNED BEANS

### ALLOWED:

- 15 to 16 oz cans only
- Any type of plain canned beans, including fat-free refried beans
- Regular or organic store brand, low sodium or no salt added
- Organic store-brand beans (Full Circle Organic, Great Value Organic, Nature's Place/Nature's Promise, O Organics)

### NOT ALLOWED:

- Other organic beans
- 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

## EGGS

### ALLOWED:

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

### NOT ALLOWED:

- Free-range, or free-running
- 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

## PEANUT BUTTER

### ALLOWED:

- 16 to 18 oz containers
- Any brand of smooth, creamy, chunky or crunchy

### NOT ALLOWED:

- Organic
- Reduced-fat
- 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



### NOT ALLOWED:

- Albacore, solid white or yellow fin tuna
- Any type of salmon other than pink
- Fish packed in oil, or smoked, seasoned or flavored
- Kipperd fish



## BEANS, PEAS, LENTILS, EGGS, PEANUT BUTTER, FISH

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# FREQUENTLY ASKED QUESTIONS



## **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](http://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 other 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.

## FREQUENTLY ASKED QUESTIONS

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# 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.

