

Frequently Asked Questions--page 19

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.wicforme.com. If you plan to move out of Maine, please let WIC staff know.

What is a proxy?

A proxy is someone you trust. You give this person permission to use your WIC checks at the grocery store or to attend WIC appointments for you. If you assign someone to be a proxy, that person must:

- Sign the back of this WIC folder
- Bring it to the store when using WIC checks
- Understand what foods to buy and how to use the WIC checks
- Bring this folder to a WIC appointment along with a form of identification

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 my WIC checks are lost, stolen or damaged?

Notify your WIC office right away. Treat your WIC checks like cash. Keep them in a safe place.

Do I need to purchase everything listed on my WIC check?

No, you are not required to pick up everything on your WIC check. Purchase the foods that you know you will use.

What if I have spent all of my WIC checks and my baby is out 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 WIC checks begin.

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

No.

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What if I lose my WIC checks or they are lost, stolen or damaged?

Notify your WIC office right away. Treat our WIC checks like cash. Keep them in a safe place.

Do I need to purchase everything listed on my WIC check?

No, you are not required to buy everything listed on your WIC check. You may purchase just the foods that you know you will use.

What if I have spent all of my WIC checks and I run out of formula for my baby?

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 WIC checks begin.