

# WIC MAINE

## SHOPPING GUIDE Effective June 1, 2025



Contact your local WIC agency for lost or found eWIC cards.

For questions, please call: 207-287-3991 or [wic.maine@maine.gov](mailto:wic.maine@maine.gov)

# What WIC Provides

## WIC provides free healthy foods and so much more!

WIC offers families who qualify:

- Breastfeeding Lactation promotion and support
- Benefits to buy healthy foods
- Health and social service referrals
- Immunization and lead 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 DHHSADA/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](mailto: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>](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# Baby Food

Participants are encouraged to purchase the least expensive brand available.

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## BABY CEREAL

### ALLOWED:

8 oz or 16 oz containers of the following brands:

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

### TYPES:

- 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 2 oz net wt 4 oz:

- Conventional or Organic
- Jars, and plastic tubs
- Any state of infant fruit or vegetable or blends of fruits and/or vegetables
- Textures may range from strained to diced
- Package must say "baby", "infant" or "stage 1" or "stage 2"

Containers of infant fruit and/or vegetable in the following brands

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

## INFANT FRUITS & VEGETABLES

### NOT ALLOWED:

- Fruits or vegetables mixed with meat, pasta, rice, cereal, yogurt, spices, or seeds
- Fruits or vegetables with Beta Glucan

## INFANT MEATS

### ALLOWED:

2.5 oz containers single or multipack of the following brands:

- **Beech-Nut**
- **Gerber**

### TYPES:

- Conventional
- Beef
- Chicken
- Turkey
- Ham

## INFANT MEATS

### NOT ALLOWED:

- 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”

Fresh fruits and vegetables benefit can be used with **WIC Farmers** year-round!

## FRESH

### ALLOWED:

- Any type or variety
- Conventional or Organic
- Bagged fruits and vegetables
- Cut fruit and vegetables (without dip)
- Garlic (not on a string)
- Herbs cut at the root or root intact



## FRESH

### NOT ALLOWED:

- Pickled vegetables or olives
- Items from the salad bar
- Party trays or fruit baskets
- Decorative vegetables and painted pumpkins
- Herbs must be fresh and not dried
- Potted plants

## 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)
- Dried option is not available for infants under 1 receiving CVB

# Milk and Plant-Based Beverages

## MILK

### ALLOWED:

- Fat content listed on benefit:
  - 1% or skim
  - 2% or 1½%
  - Whole
- Organic milk 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
- Milk not from cows or goats
- Milk in glass bottles

## LACTOSE FREE AND ACIDOPHILUS MILK

### NOT ALLOWED:

- Pints

## 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:
  - Skim to 1% Lactose Free/Acidophilus milk can be purchased with a “Skim to 1%” benefit.
  - 1 ½% to 2% Lactose Free/Acidophilus milk can be purchased with a “1 ½% to 2%” benefit
  - Whole Lactose Free/Acidophilus milk 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

## BREAST MILK

Complete nutrition for your baby.

## 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)

## SOY & PLANT BASED BEVERAGE

### ALLOWED

#### IF LISTED ON THE BENEFIT:

Plant-based may be flavored or unflavored  
Containers of soy beverage available in the following sizes and brands:

- **Silk Aseptic** (shelf stable, quart)
- **Silk Original** (half gallon)
- **Pacific Ultra** (shelf stable, quart)
- **8<sup>th</sup> 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
- Plant based cheese
- 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, curd cheese or cheese with seasoning
- Imported cheese
- Sliced cheese labeled “cheese product” or “cheese food”

## TOFU

### ALLOWED:

- 8 oz or 14 to 16oz packages

### ALLOWED:

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



## TOFU

### NOT ALLOWED:

- Flavored or baked

## YOGURT

### ALLOWED:

- 8 oz, 16 oz, 24 oz, and 32 oz container or multipack

### ALLOWED:

- Lactose Free
- Fat content listed on benefit
  - Whole milk yogurt
  - Low fat or Nonfat Yogurt
- Greek or regular
- Organic or regular
- Plant-based yogurts



## YOGURT

### NOT ALLOWED:

- Package sizes other than 8 oz, 16 oz, 24 oz, and 32 oz
- More than 16g of sugar per 1 cup (8 oz)
- Drinkable yogurt
- Yogurts with mix-in's



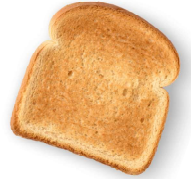
# Breads

## WHOLE GRAIN \*\* and WHOLE WHEAT BREAD

### ALLOWED BREAD SIZES:

12 - 32 OZ BREAD

- 100% Whole Wheat Breads, Buns, or Rolls with "whole wheat flour" and/or "bromated whole wheat flour" as the only flour listed in the ingredients
- Whole Grain Breads, Buns, or Rolls with at least 50% whole grains with the remaining grains being either enriched or whole grains
- Whole grain pita, English muffin, bagels, naan
- 24 oz packages for women breastfeeding multiples
- 12-16 oz packages for all other women and children.



\*\* For allowable whole grain bread, please use the WICshopper barcode scanner or contact your local agency for an Approved Product List.

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.

## WHOLE GRAIN and WHOLE WHEAT BREAD

### NOT ALLOWED:

Store-made breads    Breads with enriched flour as first ingredient

# Other Whole Grains

## OATS & RICE

### ALLOWED:

- 14 - 32 oz packages
- Regular or organic
- Instant, quick or regular cooking
- Oats and rice



## OTHER WHOLE GRAINS

### NOT ALLOWED:

- Added fats, sugars, oils or sodium
- Individual/Single-serve packages
- Flavored
- Rice that is white or seasoned
- Frozen, single-serve, or ready to serve packets

## GRAIN OPTIONS

### ALLOWED:

- 14 - 32 oz packages of regular or organic
- Instant, quick or regular cooking
- Quinoa, bulgur, whole-grain barley, millet, triticale, amaranth, cornmeal, (including blue), corn masa flour, buckwheat, teff, kamut, or sorghum, wheat berries, and other intact whole grains (e.g., freekeh, spelt, farro, etc.)

## GRAIN OPTIONS

### NOT ALLOWED:

- Added fats, sugars, oils or sodium

## WHOLE WHEAT PASTA

### ALLOWED:

- 12 - 32 oz. packages of any shape 100% whole wheat pasta including organic



## WHOLE WHEAT PASTA

### NOT ALLOWED:

- Added fats, sugars, oils or sodium.
- Pasta with flours other than "whole wheat flour" and/or "whole durum wheat flour"

## TORTILLAS \*\*

### ALLOWED:

- 8 - 32 oz packages of whole wheat or soft corn tortillas
- Regular or organic brands
- Soft corn tortilla made with ground masa flour (corn flour) whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour.



# 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:

- 64 oz bottles of juice

#### 64 OZ BOTTLES JUICE

- **Apple And Eve** Apple, Cranberry, Cranberry Apple, Cranberry Grape, Cranberry Pomegranate, Natural Apple, Naturally Cranberry, Pineapple Tangerine
- **Best Yet** Apple, Grape, Grapefruit, Pineapple, Tomato, Vegetable, White Grape
- **Campbells** Tomato, Low Sodium Tomato
- **Food Club** Apple, Grape, 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, Cranberry Grape, Grape, Honeycrisp Style Apple, Low Sodium Vegetable, Pineapple, Vegetable, Ruby Red Grapefruit
- **IGA** Apple, Grape, Vegetable, WhiteGrape
- **Juicy Juice** 100% Juice All Flavors
- **Langers** 100% Juice All Flavors except some Plus juices which don't add Vitamin C
- **Market Basket** Apple, 880 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 WhiteGrape
- **Ocean Spray** 100% Juice All Flavors
- **Old Orchard** 100% Juice All Flavors
- **Sesame Street** Big Bird Apple, Elmos Fruit Punch
- **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, White Grape Peach



Participants are encouraged to purchase the least expensive brand available.

### 100% JUICE

#### NOT ALLOWED:

Juice drinks with added sugar

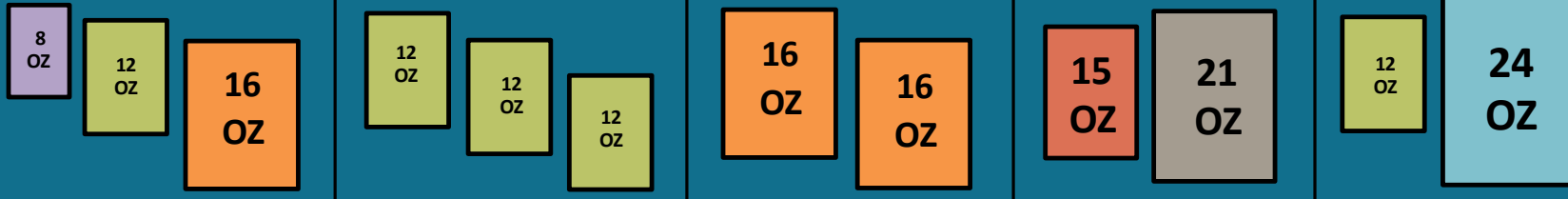
Juice Cocktails

# Cereal (Whole Grain Options)

ALLOWED BREAKFAST CEREAL SIZES: 8 OUNCES OR LARGER CONTAINERS

Participants are encouraged to purchase the least expensive brand available.

Some ways to buy 36 oz of cereal



Cereal selection continued on next page.

## WHOLE GRAIN BREAKFAST CEREALS

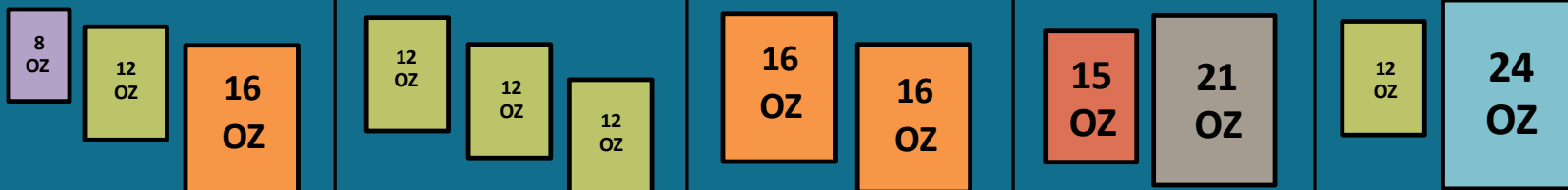
- **Best Yet** Bite Size Frosted Shredded Wheat, Bran Flakes, Bite Size Strawberry Shredded Wheat, Toasted Oats
- **Cream Of Wheat** Whole Grain Cereal 2 ½ Minutes and Instant\*\*
- **Food Club** Bran Flakes, Toasted Oats
- **Freedom's Choice** Bran Flakes, Frosted Shredded Wheat, Toasted Oats
- **General Mills** Berry Berry Kix, Cheerios (Regular, Oat Crunch Berry, and Vanilla Spice), Fiber One Honey Clusters, Honey Kix, Kix, Multigrain Cheerios, Wheat Chex, Wheaties, Whole Grain Total
- **Great Value** Bran Flakes, Frosted Shredded Wheat, Frosted Mini Wheats Golden Honey, Toasted O's,
- **Hannaford** Bite Size Frosted Shredded Wheat, Wheat, Frosted Shredded Wheat, Multigrain Tostitos Cereal, Tostitos, Toasted Wheat, Wheat Flakes, Enriched Wheat Bran
- **IGA** Bite Size Frosted Shredded Wheat and Toasted Oats
- **Kashi** Organic Honey Toasted Hearts and O's, Organic Warm Cinnamon Hearts and O's
- **Kellogg's** All Bran Complete Wheat Flakes, Frosted Mini Wheats (Regular, Blueberry, Cinnamon Roll, Little Bites, Pumpkin Spice, Strawberry, Chocolate Little Bites), Special K (Protein, Original, Multigrain, Touch of Cinnamon)
- **Kiggins** Frosted Shredded Wheat (Bite Size)
- **Malt O Meal** Mini Spooners (Frosted, Strawberry Cream), Original Hot Wheat Cereal\*\*
- **Market Basket** Bite Size Shredded Wheat (Blueberry, Frosted, Strawberry), Enriched Bran Flakes, Nutty Nuggets, Oat Squares, Tostitos, Wheat Biscuits
- **Post** Grape Nuts (Flakes and Original)
- **Quaker** Oatmeal Squares (Brown Sugar, Cinnamon, Honey Nut), Life (Original, Strawberry, Vanilla)
- **Signature Select** Bite Size Frosted Shredded Wheat, Bite Size Shredded Wheat, Bran Flakes, Toasted Oats

\*\* - Serve Hot

# Cereal (Non-Whole Grain Options)

ALLOWED BREAKFAST CEREAL SIZES: 8 OUNCES OR LARGER CONTAINERS

Some ways to buy 36 oz of cereal



Cereal selection continued on next page.

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, Crisp Rice, Honey And Oats, Honey Oats W/Almonds
- **Freedoms Choice** Corn Flakes (Regular and Honey), Crisp rice, Crispy Honey Oats with Almonds
- **General Mills** Chex (Blueberry, Cinnamon, Corn, Rice)
- **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), 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

\*\* - Serve Hot

# Nut and Seed Butters, Beans, Peas and Lentils

## DRIED BEAN, PEAS, LENTILS

### ALLOWED:

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



## CANNED BEANS

### ALLOWED:

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



## NUT AND SEED BUTTER

### ALLOWED:

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

### 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

### NOT ALLOWED:

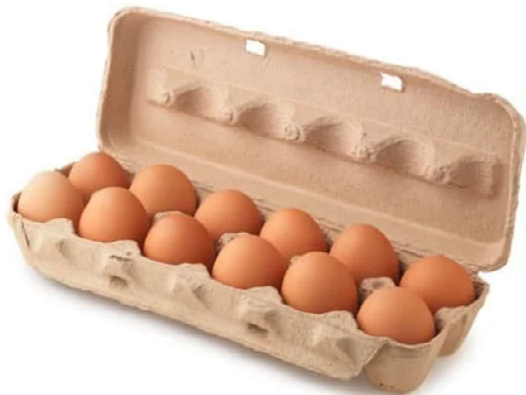
- Peanut butter with added sweeteners or flavors such as honey, marshmallow, jelly, or chocolate
- Packets or squeezable containers
- Peanut butter spreads

# 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:

- Sizes other than one dozen
- Low cholesterol

## CANNED FISH

### ALLOWED:

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



## CANNED FISH

### NOT ALLOWED:

- Albacore, solid white or yellow fin tuna
- Smoked fish
- Kipperd fish

# 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 a form of identification to WIC appointments

## **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







## 1. BEFORE YOU SHOP:

- Make sure you have your eWIC Card with valid benefits loaded.

## 2. WHILE SHOPPING:

- Use your benefits 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.
- Your benefit balance on the WICShopper app will update regularly throughout the day.

## 3. BEFORE CHECKOUT :

- Check with the store before using the self checkout lane.

## 4. AT THE REGISTER:

- If you are purchasing more than 50 WIC approved foods, your purchase will need to be split into 2 transactions.
- Use your eWIC card as your first payment type. If you are buying non-WIC approved foods, you can use another method of payment after using your eWIC card.
- Be sure to review your WIC purchase before approving the transaction.
- If your card is denied for Insufficient Funds, check store printed Balance Inquiry Receipt for the quantity/unit of measure match to WIC food selected.
- Keep your eWIC card so that future benefits may be loaded.
- WIC does not pay for bottle deposit & bag fees.
- Get your receipt and eWIC card before leaving.



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