

Maine



Cardholder Name _____

Household ID _____

**If your eWIC Card
is lost or stolen
call 1-855-250-8945 or
your Local WIC Agency.**



Local Agency Information

This institution is an equal opportunity provider.

How to use your eWIC Card

- Locate a WIC approved store.
- Shop for WIC approved foods listed on your benefit balance.
- Don't know your balance?
- Download the WICShopper app.
- Don't have a smartphone?
- Get your balance at a cash register or customer service.
- Provide coupons or rewards cards.
- Cashier scans your WIC foods.
- Swipe your eWIC Card.
- Enter PIN.
- Review the Benefits redeemed receipt to make sure WIC foods are listed.
- Answer the question on the PIN pad.
- Swipe EBT card (if applicable).
- Pay remaining balance with cash, credit, or check.

Know Your Balance

ABC Market
1 Main Street
Anywhere, USA 12345
Ph: (123) 456-7890
Store ID: WIC4ME

Term ID: WIC0000001
Clerk ID: 001 10:10:01am

Card Num: XXXXXXXXXXXX5678 Auth#: 123499
WIC Merchant ID: XXXXXXXX Seq#: 034

WIC Purchase

Qty	Units	Description	Price
18.00	oz.	Cheerios 18 oz.	4.99
2.50	\$\$\$	Fruits & Veg	2.50

TOTAL ITEMS SOLD = 2
\$2.50 Fruits & Veggies

Purchase Subtotal 7.49
Discount Applied 0.00

BALANCE DUE: 0.00
BENEFITS EXPIRE ON 3/31/2023

Qty	Units	Description
1.00	pkg.	16oz Pkg Cheese
1.00	doz.	Dozen Large Eggs
18.00	oz.	Ounces Cereal
1.00	pkg.	16 oz Bread/Whole Grain
5.50	\$\$\$	Fruits & Veg

****CARDHOLDER COPY****
****PLEASE SAVE THIS RECEIPT****

KEEP YOUR LAST RECEIPT!

Card Care

- Keep your card in a safe place.
- Keep your card clean, out of direct sunlight, and away from magnets and electronics.
- Do not share your PIN.
- Do not write your PIN on your card.

What to bring to your appointment

- Identification for all WIC participants.
- Proof of income or of MaineCare, SNAP, or TANF.
- Proof of where you live.
- WIC Participant: Infant, child, or self.

Conversions



QUART

(0.25) gallons



HALF GALLON

(0.50) gallons



ONE GALLON

(1.00) gallons

Ways to buy 36 oz. of cereal



Total 36 oz.



Total 36 oz.



Total 36 oz.



Total 36 oz.

Appointment Reminder

Date	Time	Appointment Type

Growth Chart

Date	Height	Weight	Iron

Growth Chart

Date	Height	Weight	Iron

Downloading the Bnft App

- 1.** Download the Bnft app or visit mybnft.com and click “sign up”. Enter your card number, zip code, and birthdate, then create an account using an email address and password.
- 2.** Go to www.maine.gov/wic to see what farmers are ready to take CVB.
- 3.** When you’ve found your farmer and you’re ready to check out, log into the app and click the button to show the barcode. If you use a computer to print your barcode, make sure you bring it with you!

Benefits of Breastfeeding

- Breastmilk is rich in vitamins, minerals, and nutrients and it changes as your baby grows!
- Skin to skin contact helps baby feel safe, warm, calm and secure.
- Breastmilk is easy for baby to digest and helps baby's digestive system to grow.
- Breastfeeding is free and convenient!
- Breastfeeding and Chestfeeding reduce the risk of:
 - Ear infections
 - Obesity
 - Sudden Infant Death Syndrome (SIDS)
 - Type 2 Diabetes
 - Asthma

Breastfeeding Peer Counselor

Need Help Breastfeeding? Call me!

Your Rights and Responsibilities

- All information you give WIC is kept private.
- 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; benefits redeemed by an authorized person 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.

Your Rights and Responsibilities

- 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 or children 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 alternative representative and/or proxy redeems WIC benefits at a vendor (store, farm stand or farmers' market) that is not authorized to accept them (fraud).
 - I or my alternative representative and/or proxy buys non-WIC foods with WIC benefits (trafficking).

- I or someone on my behalf sells, trades, or gives away WIC and/or FMNP benefits (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 breast pump(s) owned or rented by WIC, or WIC foods, including infant formula, which was purchased with WIC benefits for cash, credit, or other foods or services (trafficking).
- I or someone on my behalf gives away breast pump(s) owned or rented by WIC or WIC foods, including infant formula, which was purchased with WIC benefits (fraud).
- 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).

WIC Apps

WIC Shopper



Apple App-Store



Google Play Store

Bnft

Fruit and Veggies at Farmers



Apple App-Store



Google Play Store

WIC

