



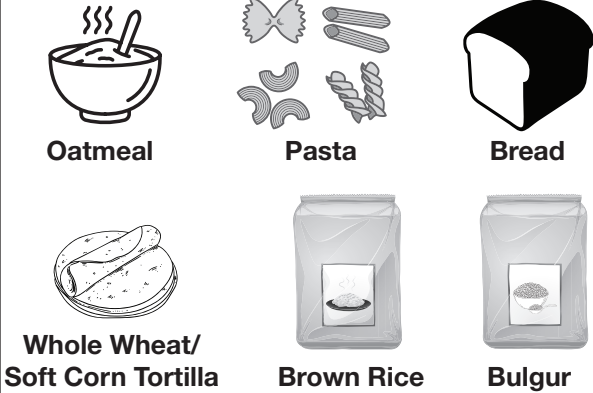
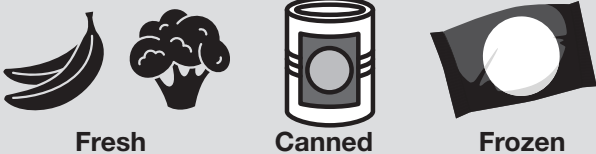








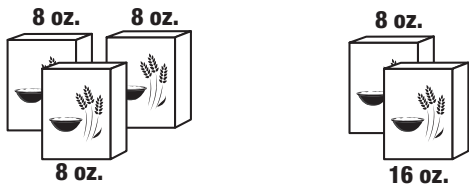








Understanding the Family Shopping List

Abbreviations	WIC Food	Your Quantity
WIC Cereal oz = ounce g = gram	 <p>Purchase 12 oz or larger containers of cereal</p>	36 oz options: (1) 36 oz bag of cereal or (1) 24 oz (680 g) box + (1) 12 oz (340 g) box or (2) 18 oz (510 g) boxes or (3) 12 oz (340 g) boxes
Eggs doz = dozen		<input type="checkbox"/> (1) dozen <input type="checkbox"/> (2) dozen
Peanut Butter oz = ounce g = gram		<input type="checkbox"/> (1) 16-18 oz (454-510 g) jar
Beans oz = ounce g = gram		Bean choice at store: <input type="checkbox"/> (4) 15-16 oz (425 – 454 g) cans or <input type="checkbox"/> (1) 16 oz (454 g) bag
Whole Wheat Bread Whole Grain oz = ounce g = gram		<input type="checkbox"/> 16oz (1) 16 oz (454 g) container <input type="checkbox"/> 32 oz (2) 16 oz (454 g) container <input type="checkbox"/> 64oz (4) 16 oz (454g) container
Fruit and Vegetable Cash Benefit		<input type="checkbox"/> \$9.00 <input type="checkbox"/> \$11.00

Some tips: 1. Always refer to your WIC Food List & Family Shopping List.
2. Know the last day to use your monthly benefits.

Understanding the Family Shopping List

Abbreviations	WIC Food	Your Quantity
Juice ctr = container oz = ounce L = Liter		<input type="checkbox"/> (3) 48 oz (1.4 L) container <input type="checkbox"/> (2) 48 oz (1.4 L) container <input type="checkbox"/> (2) 64 oz (1.9 L) container 12 oz frozen = 48 oz liquid
Milk gal = gallon L = liter		<input type="checkbox"/> 4 Gallons (15.1 L) <input type="checkbox"/> 5 ½ Gallons (20.8 L) <input type="checkbox"/> 6 Gallons (22.7 L) *whole milk option only for 12-23 month old child
Cheese LB = pound oz = ounce g = gram		<input type="checkbox"/> 1 pound (16 oz / 454 g) or (2) 8 oz (227 g) packages
Tofu LB = pound oz = ounce g = gram		<input type="checkbox"/> 1 pound (16 oz / 454 g) container
Yogurt qt = quart oz = ounce g = gram		<input type="checkbox"/> 1 qt (32 oz / 907 g) container *whole milk option only for 12-23 month old child
Canned Tuna or Salmon oz = ounce		<input type="checkbox"/> (6) 5 oz (142 g) cans
Infant Cereal oz = ounce		24 ounce options: (3) 8 oz (227 g) boxes or (1) 8 oz (227 g) box + (1) 16 oz (454 g) box
Baby Food Fruits & Vegetables oz = ounce *Fresh fruit/vegetables infants 9-11 mo. only	<div> Partially Breastfed/Not Breastfed 32  16 OR \$4  </div> <div> Exclusively Breastfed 64  32 OR \$8  </div>	Partially Breastfed/Not Breastfed <input type="checkbox"/> 32 (4) oz (113 g) jars <input type="checkbox"/> 16 (4) oz (113 g) jar + *\$4 F/V Exclusively Breastfed <input type="checkbox"/> 64 (4) ounce jars <input type="checkbox"/> 32 (4) oz jar + *\$8 F/V 2-pack of 4 oz jars = 2 (4) oz jars
Baby Food Meats oz = ounce		<input type="checkbox"/> (31) 2.5 oz (71 g) jars *Exclusively breastfeeding infants only
Infant Formula ctr = container		Refer to benefits list for can size and amount.

Some tips: 1. Always refer to your WIC Food List & Family Shopping List.
 2. Know the last day to use your monthly benefits.