







Peanut butter and beans - more information

1 jar/bag	 <p>1 jar (15 - 18 oz) peanut butter equals 1 jar/bag</p> <p>or</p>  <p>1 bag (16 oz) dried beans equals 1 jar/bag</p> <p>or</p>  <p>4 cans (15 to 16 oz) of beans equals 1 jar/bag (1 can equals 0.25 jar/bag)</p>	
0.75 jar/bag	 <p>3 cans (15 to 16 oz) of beans equals 0.75 jar/bag (1 can equals 0.25 jar/bag)</p>	<p>Allowed:</p> <p>Peanut butter: Brands listed below; 15 to 18 oz creamy, crunchy, extra crunchy, or natural</p> <p>Brands allowed:</p> <ul style="list-style-type: none"> Adams, Essential Everyday, Food Club, Freedom's Choice, Great Value, Jif, Kroger, Peter Pan, Private Selection, Shoppers Value, Signature Select, Skippy, Smart Way, Smuckers, WinCo <p>Beans: Store brand or private label; 16 oz bag, 15 to 16 oz cans, regular or low sodium</p> <p>Types of beans allowed:</p> <ul style="list-style-type: none"> Black, black-eyed peas, butter beans, cannellini, cranberry, fat-free refried beans, garbanzo (chickpeas), mayocoba, great northern, kidney, lentils, lima, navy, pink, pinto, red, split peas, white
0.5 jar/bag	 <p>2 cans (15 to 16 oz) of beans equals 0.5 jar/bag (1 can equals 0.25 jar/bag)</p>	
0.25 jar/bag	 <p>1 can (15 to 16 oz) of beans equals 0.25 jar/bag</p>	

Not allowed:

Peanut butter: Added honey, jelly, marshmallows, chocolate, or other similar ingredients, reduced-fat, peanut butter spreads, or reduced-fat peanut butter spreads

Beans: Added vegetables or fruits, added sugar, fats, or oils, flavored, bean soup mix, mixed beans, chili, baked beans, beans with meat, canned green peas, snap beans, green beans, wax beans, or any other variety of refried beans

Buying multiple jars/bags of peanut butter and beans

There are many combinations and different ways you can use your peanut butter and beans benefits. Here are some examples:

2 jars/bags	3 jars/bags	4 jars/bags	5 jars/bags	6 jars/bags
2 bags of dried beans	3 bags of dried beans	4 bags of dried beans	5 bags of dried beans	6 bags of dried beans
2 jars of peanut butter	3 jars of peanut butter	4 jars of peanut butter	5 jars of peanut butter	6 jars of peanut butter
8 cans of beans	12 cans of beans	16 cans of beans	20 cans of beans	24 cans of beans
1 jar of peanut butter + 4 cans of beans	1 jar peanut butter + 1 bag dried beans + 4 cans of beans	2 jars peanut butter + 8 cans of beans	2 jars peanut butter + 1 bag dried beans + 8 cans beans	2 jars of peanut butter + 2 bags of dried beans + 8 cans of beans
1 bag of dried beans + 4 cans of beans	2 bags of dried beans + 4 cans of beans	2 bags of dried beans + 8 cans of beans	3 bags of dried beans + 8 cans of beans	3 bags of dried beans + 12 cans of beans