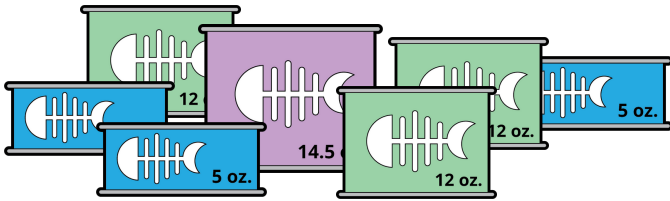


WIC buyer's guide

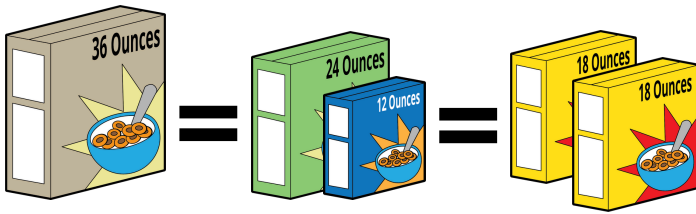
Canned fish



Canned fish is issued in units of ounces (oz).

You can buy a combination of WIC-allowed canned tuna, salmon, mackerel, or sardines in 3 oz to 15 oz containers. **Try to buy a combination of sizes that totals your family benefit amount.** WIC doesn't pay for containers of canned fish larger than the amount listed on your family food benefits. For example, if you have 6 oz of canned fish in your benefits, you can buy containers that are 6 oz or smaller at the store.

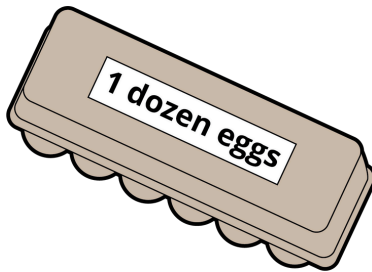
Cereal



Breakfast cereal is issued in units of ounces (oz).

You can buy a combination of WIC-allowed cold and hot cereals. Buy cold cereals in 12 oz to 36 oz containers and hot cereals in 9.8 oz to 36 oz containers. **Try to buy a combination of sizes that totals your family benefit amount.** WIC doesn't pay for containers of cereal larger than the amount listed on your family food benefits. For example, if you have 15 oz of cereal in your benefits, you can buy containers that are 15 oz or smaller at the store.

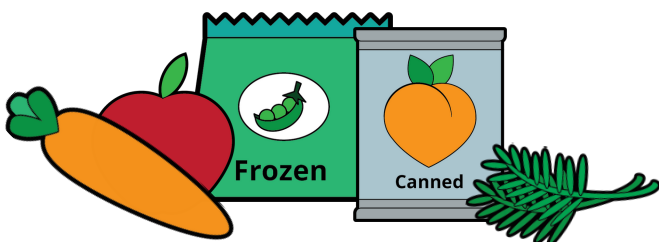
Eggs



Eggs are issued in 1 dozen cartons.

You can buy medium, large, or extra large eggs that are white, brown, regular, or cage free.

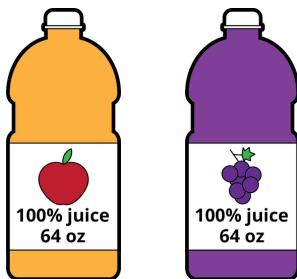
Fruits and vegetables



Fruits and vegetables are issued in units of dollars.

You may purchase **fresh, frozen, or canned** fruits and vegetables **and fresh herbs**. You can pay the difference if the dollar amount of fruits, vegetables, or herbs you are buying is more than your family benefit amount.

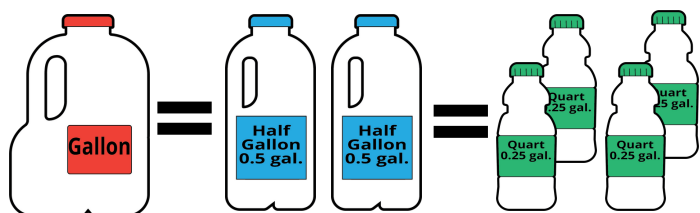
Juice



Juice is issued in 64 oz containers.

You can buy 100% unsweetened, pasteurized fruit or vegetable juice in 64 oz containers.

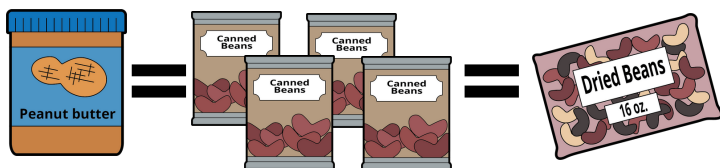
Milk



Milk is issued in units of gallons (gal).

You may only purchase the fat content of milk (such as whole or skim/1%) that matches what is listed on your family food benefits. Buy gallon-sized containers whenever possible, but you can buy half gallons or quarts, too.

Peanut butter and beans

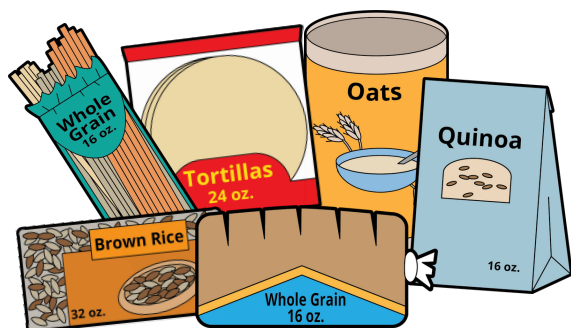


Peanut butter and beans are issued in units of jar/bag.

You can buy 1 of the following options for each jar/bag in your benefits:

- A 15 oz to 18 oz jar of peanut butter.
- Four 15 oz to 16 oz cans of beans.
- A 1 pound (lb)/16 oz bag of dry beans.

Whole grains



Whole grains are issued in units of ounces (oz).

You can buy a combination of WIC-allowed whole grain bread, pita bread, English muffins, tortillas, brown rice, whole wheat pasta, oats, or quinoa in 12 oz to 36 oz containers. **Try to buy a combination of sizes that totals your family benefit amount.** WIC doesn't pay for containers of whole grains larger than the amount listed on your family food benefits. For example, if you have 24 oz of whole grains in your benefits, you can buy containers that are 24 oz or smaller at the store.

