As a WIC participant, you can choose any combination of 8 oz, 12 oz, 16 oz, 24 oz, or 32 oz packages and blocks depending on the balance on your eWIC card. Choosing an 8 oz package will take 0.5 pounds off of your eWIC card, and choosing a 12 oz package will take off 0.75 pounds.

You should buy whole gallons whenever possible, but half gallons and quarts are available if you don’t have a full gallon left on your eWIC card. When you buy a quart of milk it will take 0.25 gallons off your eWIC card, and buying a half gallon of milk will take off 0.5 gallons.

You can choose 16 oz bags of dried beans, canned beans in 15 oz - 16 oz cans, or 16 oz - 18 oz jars of peanut butter. One Jar/Bag equals 1 package of dry beans, OR 4 cans of canned beans (1 can = 0.25 units), OR 1 jar of peanut butter.
**Whole Grains**

Whole grain bread, tortillas, brown rice and pasta are issued in units of **Ounce**.

You can buy 16 oz or 24 oz bread depending on the amount on your card. If your starting value is 32 oz and you buy a 24 oz loaf of bread, you will have 8 oz left on your eWIC card that will not be able to be used.

**Yogurt**

Yogurt is issued in units of **Ounce**.

You can buy a variety of sizes of yogurt. When buying individual containers, there may be ounces left unused. To make sure you get the full benefit on your eWIC card, buy the 32 oz container or packages that add to exactly 32 oz.

**Cereal**

Cereal is issued in units of **Ounce**.

You can buy any size approved cereal 12 ounces and larger. To avoid unused ounces, purchase combinations of sizes adding up to the amount on your card. For example, if you have 36 ounces, buy three 12 oz boxes, OR two 18 oz boxes, OR one 36 oz bag, OR one 15 oz and one 21 oz box.