







Peanut Butter(PB)/Beans - eWIC Quick Pick Guide

1.0 Bag/Jar	 <p>OR</p>  <p>OR</p>  <p>One (15-18 oz) Jar Peanut butter</p> <p>One (16 oz) bag dried beans</p> <p>Four (15-16 oz) cans of beans</p>
0.75 Bag/Jar	 <p>Three (15-16 oz) cans of beans</p> <p>Allowed:</p> <p>Peanut butter: Store brand/private label or name brand listed below; 15 - 18 oz creamy, crunchy, extra crunchy or natural</p>
0.5 Bag/Jar	 <p>Two (15-16 oz) cans of beans</p> <p>Brands allowed:</p> <ul style="list-style-type: none"> Smuckers, Peter Pan, JIF, Skippy, Adams, Great Value, Food Club, Private Selection, Freedom's Choice, Kroger, Signature Select, WinCo, Essential Everyday, Shoppers Value, Smart Way
0.25 Bag/Jar	 <p>One (15-16 oz) can of beans</p> <p>Beans: 16 oz bag, 15 - 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, fat free refried beans, garbanzo (chickpeas, mayocoba, great northern, kidney, lentils, lima, navy pigeon peas, pinto, red, split peas, white

Not Allowed:

Peanut butter: Added honey/jelly, marshmallows, chocolate, or other similar ingredients, reduced fat, peanut butter spreads/reduced fat 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, any other variety of refried beans

Purchasing multiple Jar/Bags of PB/Beans-Dried or Cans

There are many combinations and different ways you can use your PB/Beans benefits. Here are some examples:

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