

WIC Food Purchasing Conversions

Juice:

272oz = Five (5) 100% **frozen** juice cans OR Four (4) 64oz containers of 100% juice
(this would result in 32oz and 16oz of juice that is unusable, respectively)

OR

Three (3) cans of frozen juice and Two (2) containers of 100% juice

256oz = Four (4) 64oz containers of 100% juice

OR

Five (5) 100% **frozen** juice cans (this would result in 16oz of unusable juice)

128oz = Two (2) 64oz containers of 100% juice

OR

Two (2) 100% **frozen** juice cans (this would result in 32oz of unusable juice)

96oz = Two (2) 100% **frozen** juice cans

OR

One (1) 64oz container of 100% juice (this would result in 32oz of unusable juice)

Legumes:

1lb =

4 cans of beans, peas, or lentils

OR

1 jar of peanut butter

OR

1 dried bag of beans, peas, or lentils

2lbs =

8 cans of beans, peas, or lentils

OR

2 jars of peanut butter

OR

2 dried bags of beans, peas, or lentils

OR

1 jar of peanut butter (OR 1 dried bag of beans, peas, or lentils) AND 4 cans of beans, peas, or lentils (OR 1 dried bag of beans, peas, or lentils)

Cereal:

36oz =

Two (2) 18oz box/bag

OR

One (1) 15oz box/bag + One (1) 21oz box/bag

Purchase of sizes outside of the 15oz or 21oz combinations may result in unusable ounces of full benefit

72oz =

Four (4) 18oz box/bag

OR

Two (2) 15oz box/bag + Two (2) 21oz box/bag

Purchase of sizes outside of the 15oz or 21oz combinations may result in unusable ounces of full benefit

108oz =

Six (6) 18oz box/bag

OR

Three (3) 15oz box/bag + Three (3) 21oz box/bag

Purchase of sizes outside of the 15oz or 21oz combinations may result in unusable ounces of full benefit

Juice:

272oz = Five (5) 100% **frozen** juice cans OR Four (4) 64oz containers of 100% juice
(this would result in 32oz and 16oz of juice that is unusable)

OR

Three (3) cans of frozen juice and Two (2) containers of 100% juice

256oz = Four (4) 64oz containers of 100% juice
OR

Five (5) 100% **frozen** juice cans (this would result in 16oz of unusable juice)

144oz = Three (3) cans of frozen juice
OR

Two (2) 64oz container of 100% juice (this would result in 16oz of unusable juice)

128oz = Two (2) 64oz containers of 100% juice
OR

Two (2) 100% **frozen** juice cans (this would result in 32oz of unusable juice)

96oz = Two (2) 100% **frozen** juice cans
OR

One (1) 64oz container of 100% juice (this would result in 32oz of unusable juice)

Legumes:

1lb =

4 cans of beans, peas, or lentils

OR

1 jar of peanut butter

OR

1 dried bag of beans, peas, or lentils

2lbs =

8 cans of beans, peas, or lentils

OR

2 jars of peanut butter

OR

2 dried bags of beans, peas, or lentils

OR

1 jar of peanut butter AND 4 cans of beans, peas, or lentils
(OR 1 dried bag of beans, peas, or lentils)

Jugo:

272oz = Cinco (5) latas de 100% jugo **congelado** O cuatro (4) envases de 64oz de 100% jugo
(esto resulta en 32oz y 16oz de jugo que no se pudiera usar para beneficios, respectivamente)

O

Tres (3) latas de jugo **congelado** y dos (2) envases de 100% jugo

256oz = Cuatro (4) envases de 64oz de 100% jugo
O

Cinco (5) latas de 100% jugo **congelado** (esto resulta en 16oz de jugo que no se pudiera usar para beneficios)

144oz = Tres (3) latas de 100% jugo **congelado**
O

Dos (2) envases de 64oz de 100% jugo (esto resulta en 16oz de jugo que no se pudiera usar para beneficios)

128oz = Dos (2) envases de 64oz de 100% jugo
O

Dos (2) latas de 100% jugo **congelado** (esto resulta en 32oz de jugo que no se pudiera usar para beneficios)

96oz = Dos (2) latas de 100% jugo **congelado**
O

Un (1) envase de 64oz de 100% jugo (esto resulta en 32oz de jugo que no se pudiera usar para beneficios)

Legumbres:

1lb =

4 latas de habichuelas, guisantes, o lentejas

O

1 frascos de mantequilla de manís

O

1 bolsa de habichuelas, guisantes, o lentejas secas

2lbs =

8 latas de habichuelas, guisantes, o lentejas

O

2 frascos de mantequilla de manís

O

2 bolsas de habichuelas, guisantes, o lentejas secas

O

1 frascos de mantequilla de manís (O 1 bolsa de habichuelas, guisantes, o lentejas secas) Y 4 latas de habichuelas, guisantes, o lentejas

Cereal:

36oz =

Two (2) 18oz box/bag

OR

One (1) 15oz box/bag + One (1) 21oz box/bag

72oz =

Four (4) 18oz box/bag

OR

Two (2) 15oz box/bag + Two (2) 21oz box/bag

108oz =

Six (6) 18oz box/bag

OR

Three (3) 15oz box/bag + Three (3) 21oz box/bag

Purchase of sizes outside of the 15oz or 21oz combinations may result in unusable ounces of full benefit

Using your eWIC Card

ALWAYS

Swipe your card before scanning food items

Ask to speak to the store manager if a WIC food item is on your approved item list but you are unable to use your WIC benefit

REMEMBER

To use ALL of your benefits before midnight on the last day of use

Benefits will NOT carry over to the next month

Bring your eWIC card and folder to all appointments

This institution is an equal opportunity provider

Cereal:

36oz =

Dos (2) cajas/bolsas de 18oz

O

Una (1) caja/bolsa de 15oz Y una (1) caja/bolsa de 21oz

72oz =

Cuatro (4) cajas/bolsas de 18oz

O

Dos (2) cajas/bolsas de 15oz Y dos (2) cajas/bolsas de 21oz

108oz =

Seis (6) cajas/bolsas de 18oz

O

Tres (3) cajas/bolsas de 15oz Y tres (3) cajas/bolsas de 21oz

Compra de tamaños fuera de 15oz o 21oz puede resultar en combinaciones que no se pudiera usar para beneficios

Usando su tarjeta de eWIC

SIEMPRE

Pase su tarjeta antes de escanear su comida

Pregunta para hablar con el supervisor si tienes un artículo está en su lista aprobada pero no lo puede comprar con sus beneficios de WIC

ACUERDASE

De usar TODOS sus beneficios antes de la medianoche de su ultimo día de uso

Beneficios NO se trasladara al mes siguiente

Traiga su tarjeta de eWIC y su carpeta a todas sus citas

Esta institución es un proveedor de igualdad de oportunidades