

# Understanding Your WIC Food Balance—Ounces of Foods

Buy just what you need at each shopping trip. Use this handy chart to be sure that you get the most benefits before your end date.



## Yogurt

32 oz



32 oz

64 oz



32 oz 32 oz

96 oz



32 oz 32 oz 32 oz



## Whole Grains

16 oz



16 oz

32 oz



16 oz 16 oz

48 oz



16 oz 16 oz 16 oz



## Cheese or Tofu

16 oz



16 oz

32 oz



16 oz 16 oz

48 oz

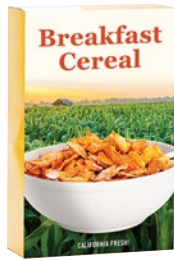


16 oz 16 oz 16 oz



### The California WIC Card:

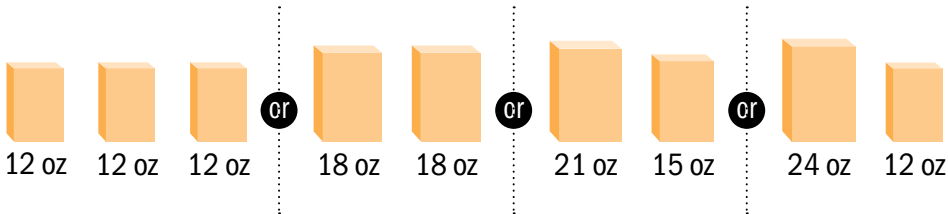
For more information, visit **MyFamily.WIC.ca.gov** or contact us at **WIC@cdph.ca.gov**



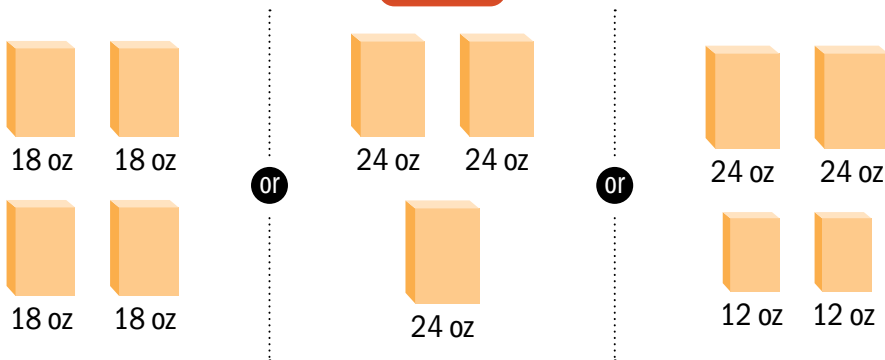
## Breakfast Cereal

(See note below)

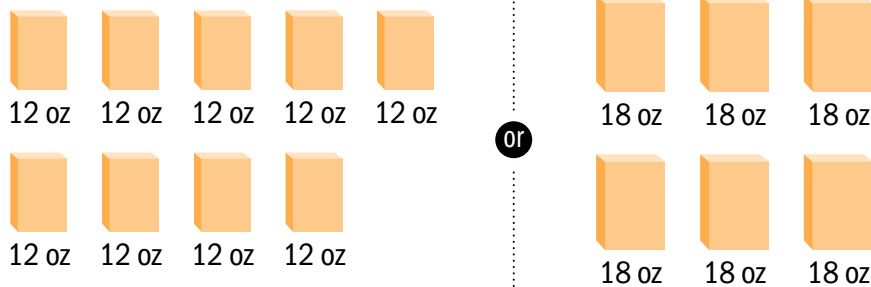
36 oz



72 oz



108 oz

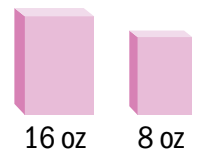


**Note:** Use the combinations of package sizes shown above to get the most benefits. Choosing other combinations may mean you have leftover ounces you cannot use.

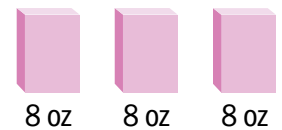


## Infant Cereal

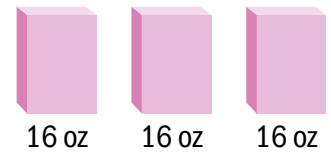
24 oz



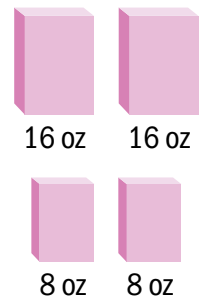
or



48 oz



or





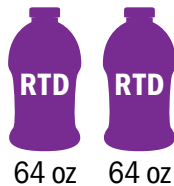
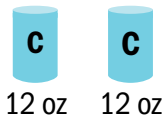
## Juice

Your WIC Food Balance shows the total amount of juice you can buy. For ready-to-drink (RTD), the amount is the same as the container size. For concentrate (C), the amount is the number of ounces made after mixing with water.

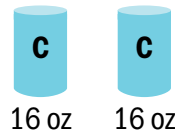
$$\begin{array}{c} \text{C} \\ 16 \text{ oz} \end{array} + \begin{array}{c} \text{3 cans of water} \\ \text{3 cans of water} \end{array} = 64 \text{ oz}$$

$$\begin{array}{c} \text{C} \\ 12 \text{ oz} \end{array} + \begin{array}{c} \text{3 cans of water} \\ \text{3 cans of water} \end{array} = 48 \text{ oz}$$

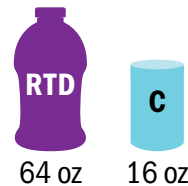
96 oz



or



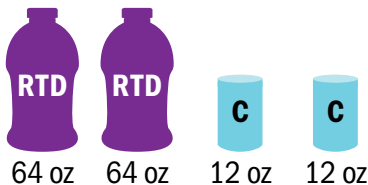
or



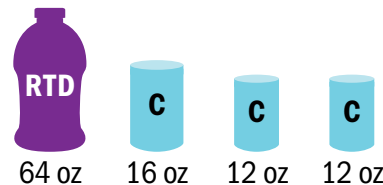
144 oz



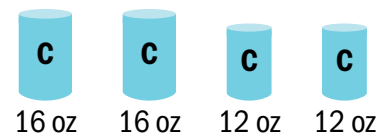
224 oz



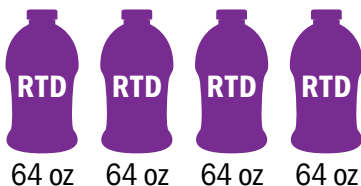
or



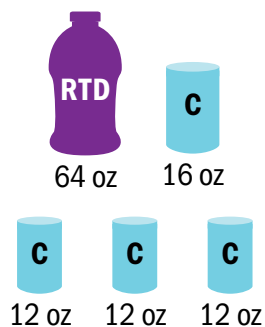
or



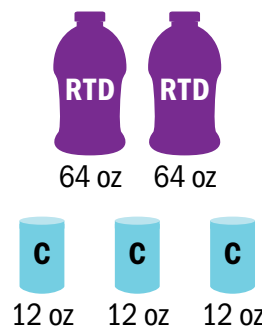
256 oz



272 oz



or



or

