

# 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



**Cheese or Tofu**

16 oz



16 oz

32 oz



16 oz 16 oz

48 oz



16 oz 16 oz 16 oz



**Infant Cereal**

8 oz



8 oz

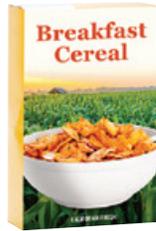
16 oz



16 oz



8 oz 8 oz



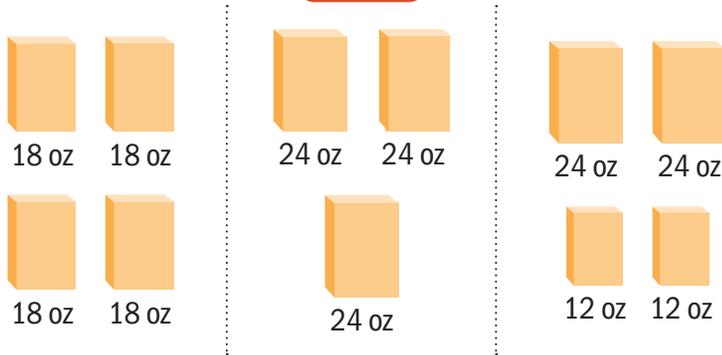
## Breakfast Cereal

(See note below)

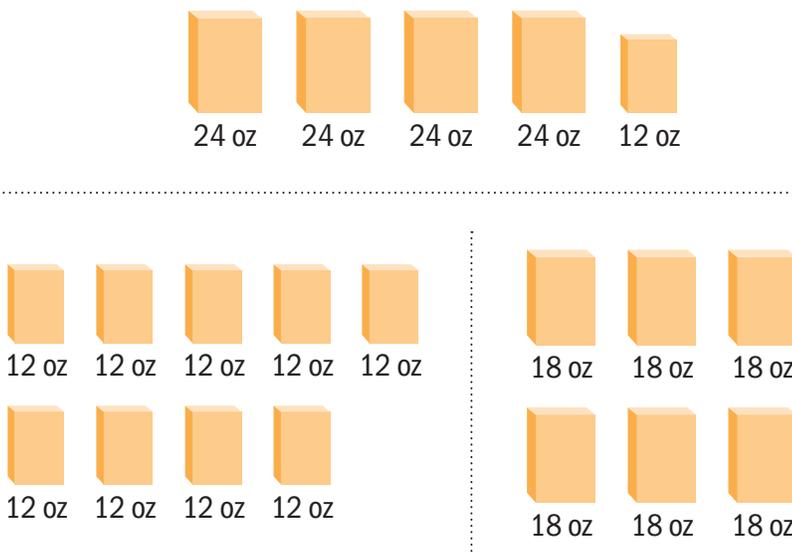
36 oz



72 oz



108 oz

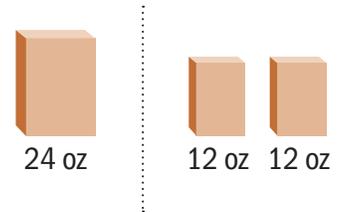


**Note:** Use the combinations of package sizes shown above to get the most benefits. Choosing other combinations may mean you have leftover ounces you cannot use.

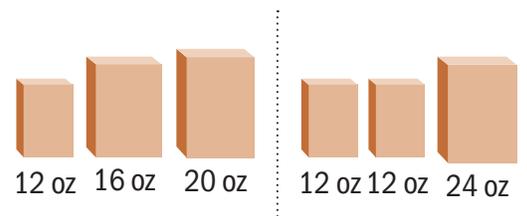
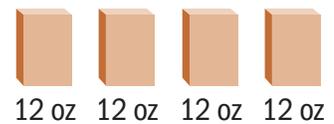
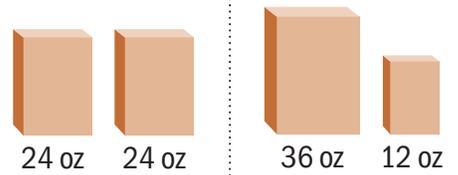
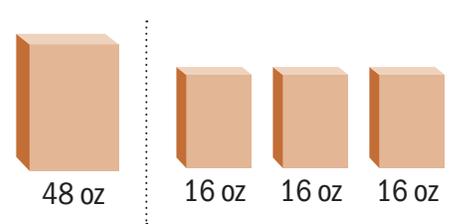


## Whole Grains

24 oz



48 oz





## Juice

**Parent and child food packages get an extra \$3 for fruits and vegetables. If you want juice instead, let WIC staff know at your next appointment.**

After a swap in your food package is made, 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.

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

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

64 oz



64 oz



16 oz

If you get one 12 oz or 11.5 oz concentrate, you will not get the full amount of juice



64 oz 64 oz

128 oz



16 oz



16 oz



64 oz



16 oz

192 oz



64 oz 64 oz 64 oz



16 oz



16 oz



16 oz



12 oz



12 oz



12 oz



12 oz





## Lactose-free milk

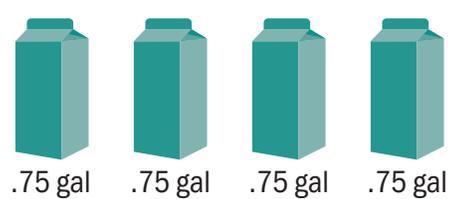
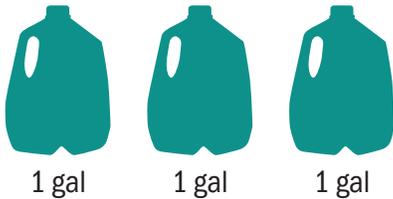


**If you want lactose-free milk, let WIC staff know at your next appointment.**

Lactose-free milk is available in half gallon, .75 gallon, and one gallon containers. **If you choose .75 gallon containers, buy them in pairs to get the full amount.**

**Example:**  
WIC Food Balance has **3 gallons** lactose-free milk

**3 GAL**



For more information, visit **MyFamily.WIC.ca.gov**, check out the California WIC Shopping Guide, or use your California WIC App.



**California Department of Public Health, California WIC program**

*This institution is an equal opportunity provider.*

**1-800-852-5770 | MyFamily.WIC.ca.gov**

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