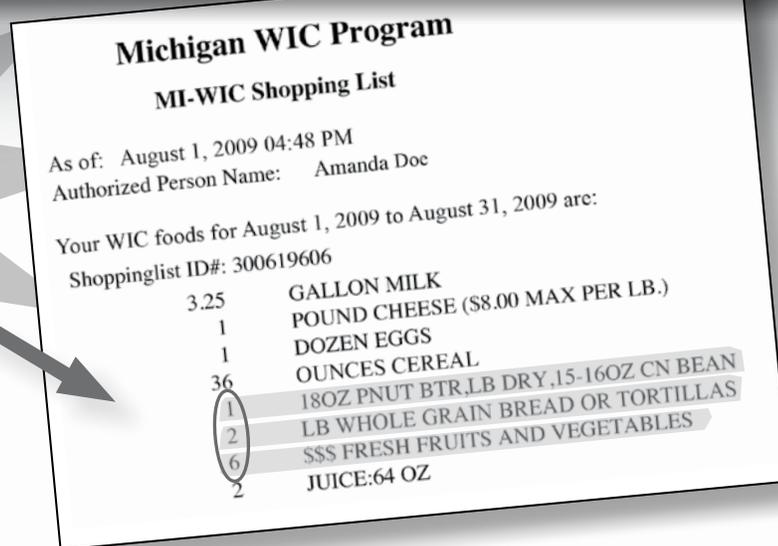


WIC SHOPPING LIST TIPS

Common Amounts & Food Combinations

Your Shopping List will show you the amount of each food you can get.



Beans, Lentils, Peas & Peanut Butter

If your Shopping List shows: **1 18OZ PNTUT BTR, LB DRY, 15-16OZ CN BEAN**
This means your amount is 1 and you can choose:



One (1) 18 oz jar of peanut butter

or



One (1) 16 oz (1 lb) package of dry beans, lentils or peas

or



Four (4) cans of 15-16 oz beans or peas

Depending on your shopping list amount, many combinations may be possible.

If your Shopping List amount is 2, these combinations are possible:

- * Two (2) 18 oz jars of peanut butter
- * Two (2) 16 oz packages of dry beans, lentils or peas
- * Eight (8) cans of 15-16 oz beans or peas
- * One (1) 18 oz jar of peanut butter + One (1) 16 oz package of dry beans, lentils or peas
- * One (1) 18 oz jar of peanut butter + Four (4) cans of 15-16 oz beans or peas
- * One (1) 16 oz package of dry beans, lentils or peas + Four (4) cans of 15-16 oz beans or peas

If your Shopping List amount is 0.5, you may only get 2 cans of 15-16 oz beans or peas.

Common Amounts & Food Combinations

Whole Grain Bread or Tortillas



If your Shopping List shows: 2 LB WHOLE GRAIN BREAD OR TORTILLAS

This means your amount is 2, and these combinations are possible:

- * One (1) 1 lb loaf of bread + One (1) 1 lb package of tortillas
- * Two (2) 1 lb loaves of bread
- * Two (2) 1 lb packages of tortillas

REMEMBER...
1 lb = 16 oz

If your Shopping List amount is 1, you can choose:



One (1) 1 lb loaf of bread

or



One (1) 1 lb package of tortillas



Fresh Fruits and Vegetables

If your Shopping List shows: 6 \$\$\$ FRESH FRUITS AND VEGETABLES

This means your AMOUNT IS 6 and you have a CASH VALUE OF \$6 to spend on fresh fruits and vegetables using your MI WIC Bridge Card for the specified time period.

If the AMOUNT IS 8 you have a CASH VALUE OF \$8 to spend on fresh fruits and vegetables.

If the AMOUNT IS 10 you have a CASH VALUE OF \$10 to spend on fresh fruits and vegetables.



Your WIC Food Card specifies which fresh fruits and vegetables you are allowed to buy with your cash value benefit.