

WIC SHOPPING LIST TIPS

Common Amounts & Food Combinations

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

Michigan WIC Program
MI-WIC Shopping List

As of: August 1, 2009 04:48 PM
Authorized Person Name: Amanda Doe

Your WIC foods for August 1, 2009 to August 31, 2009 are:
Shoppinglist ID#: 300619606

3.25	GALLON MILK
1	POUND CHEESE (\$8.00 MAX PER LB.)
1	DOZEN EGGS
36	OUNCES CEREAL
1	18OZ PNT BTR, LB DRY, 15-16OZ CN BEAN
2	LB WHOLE GRAIN BREAD OR TORTILLAS
6	\$\$\$ FRESH FRUITS AND VEGETABLES
2	JUICE:64 OZ

Beans, Lentils, Peas & Peanut Butter

If your Shopping List shows: 1 18OZ PNT 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 & 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.