

# WIC IS HERE TO HELP

Options are available in the standard food package that are helpful in times when storage, refrigeration or equipment are limited:

- Canned Beans
- Dry or Evaporated Milk
- Canned Vegetables and Fruits
- Fluid Milk in Quarts
- Shelf-Stable Fresh Vegetables and Fruits

Additional options not offered in a standard food package:

- Individual Serving-Size Cheese
- Individual Serving-Size Milk
- Individual Serving-Size Yogurt
- Individual Serving-Size Juice
- Hard Boiled Eggs

Check with an employee or manager for help finding these items at your local grocery store.

## DAIRY | Individual Serving-Size Cheese | 1 pkg single packet cheese

Maximum Amount: 16 packages



- String Cheese, Skim



- String Cheese
- String Cheese, Part-Skim



- String Cheese



- String Cheese, Part-Skim



- String Cheese
- Sharp Cheddar Cheese Stick
- Colby Jack Cheese Stick

## DAIRY | Individual Serving-Size Milk | 8oz carton



- Fat Free (Skim)
- Low Fat 1%
- Reduced Fat 2%
- Whole Milk



Ways to get the most from your food package:

16 - 8oz cartons = 1 Gallon

### Reading Your Receipt

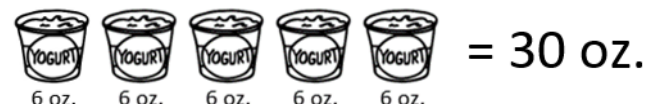
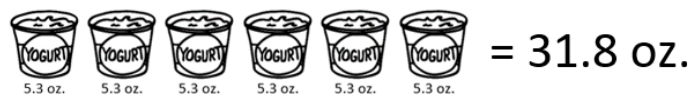
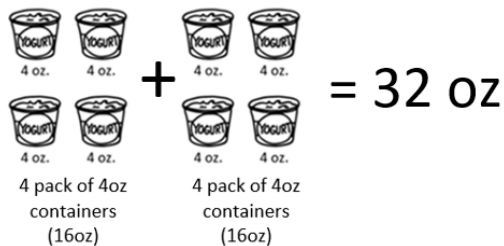
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STORE RECEIPT	PACKAGE SIZE
MILK	
1.00 gal	1 gallon
0.50 gal	½ gallon
0.25 gal	1 quart
0.06 gal	1 – 8oz carton

## DAIRY | Individual Serving Size Yogurt | 4oz-4 packs, 5.3oz & 6oz

**Note:** If you choose to purchase individual serving-sizes, you may not be able to reach the maximum available in your food package.

Ways to get the most from 32 ounces (oz)/1 quart (qt):



Reading Your Receipt	
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STORE RECEIPT	PACKAGE SIZE
YOGURT	
1.00 qt	32 oz
0.50 qt	4oz-4 pack = 16 oz
0.19 qt	6oz
0.16 qt	5.3oz



- 6oz**
- Low Fat:**
- Blueberry
  - Peach
  - Strawberry
  - Strawberry Banana
  - Strawberry Cheesecake

- Fat Free:**
- Strawberry
  - Vanilla



- 6oz**
- Low Fat:**
- Blackberry
  - Blueberry
  - Cherry
  - Orange Cream
  - Peach
  - Raspberry
  - Strawberry
  - Strawberry Banana

- Light/Non-Fat:**
- Blueberry
  - Cherry
  - Key Lime Pie
  - Peach
  - Raspberry
  - Strawberry
  - Strawberry Banana
  - Vanilla



- 6 oz**
- Low Fat:**
- Black Cherry
  - Blackberry
  - Blueberry
  - Cherry Vanilla
  - Key Lime Pie
  - Lemon Chiffon
  - Mixed Berry
  - Orange Crème
  - Peach
  - Raspberry
  - Strawberry
  - Strawberry Banana

- Light/Non-Fat:**
- Black Cherry
  - Blueberry
  - Peach
  - Raspberry



- 6oz**
- Low Fat:**
- Black Cherry
  - Blackberry
  - Blueberry
  - Cherry Vanilla
  - Key Lime Pie
  - Lemon
  - Mixed Berry
  - Orange Cream
  - Peach
  - Raspberry
  - Strawberry
  - Strawberry Banana
  - Vanilla

- Light/Non-Fat:**
- Blueberry
  - Cherry
  - Peach
  - Raspberry
  - Strawberry
  - Strawberry Banana
  - Vanilla

Individual Serving Size Yogurt continued...

**Best Choice**

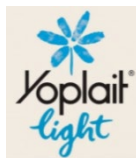
6oz

**Original/Low-Fat:**

- Black Cherry
- Blueberry
- Cherry Vanilla
- Cotton Candy
- Key Lime
- Peach
- Pineapple Upside Down Cake
- Raspberry
- Strawberry
- Strawberry Banana
- Strawberry Cheesecake
- Vanilla

**Light/Non-Fat:**

- Black Cherry
- Blackberry Crème
- Blueberry
- Boston Crème
- Cherry Vanilla
- Key Lime Pie
- Peach
- Raspberry
- Strawberry
- Strawberry Banana
- Strawberry Cheesecake
- Vanilla



6oz

**Light/Fat Free:**

- Banana Cream Pie
- Blueberry Patch
- Boston Cream Pie
- Harvest Peach
- Key Lime Pie
- Orange Crème
- Red Raspberry
- Strawberry
- Strawberries 'n Bananas
- Very Cherry
- Very Vanilla



6oz

**Original/Low Fat:**

- Blackberry Harvest
- Blackberry Pomegranate
- Blueberry
- Blueberry Smooth
- Cherry Orchard
- Cherry Starburst Smooth
- French Vanilla
- French Vanilla (Lactose Free)
- Harvest Peach
- Key Lime Pie
- Lemon Burst
- Lemon Starburst Smooth
- Mixed Berry
- Orange Crème
- Orange Starburst Smooth
- Pina Colada
- Pineapple
- Raspberry
- Strawberry
- Strawberry (Lactose Free)
- Strawberry Banana
- Strawberry Cheesecake
- Strawberry Kiwi
- Strawberry Mango
- Strawberry Smooth
- Strawberry Starburst Smooth



4oz-4 packs

**Low Fat:**

- Black Cherry
- Blueberry
- Mango
- Mixed Berry
- Peach
- Pineapple & Coconut
- Prune
- Strawberry
- Strawberry (Lactose Free)
- Strawberry Banana
- Strawberry & Raspberry
- Vanilla

**Non-Fat:**

- Blueberry
- Peach
- Strawberry
- Vanilla



5.3oz

**Non-Fat:**

- Peach Passion Fruit Icelandic Style
- Toasted Coconut Vanilla



5.3oz

**Low Fat:**

- Peach
- Strawberry
- Strawberry Banana
- Coffee
- Plain
- Vanilla

**Whole Milk:**

- Peach
- Vanilla



5.3oz

**Original/Low Fat:**

- Blueberry
- Cherry
- Key Lime
- Mixed Berry
- Peach
- Strawberry
- Strawberry Banana
- Vanilla

## JUICE | Individual Serving-Size Juice | less than 16oz

**Note: If you choose to purchase individual serving-sizes, you will not be able to reach the maximum available in your food package.**

Maximum amounts:

Children age 1-4 = 128oz

Women = 144oz



Ocean Spray Orange  
Single Serve  
15.2oz (16oz on receipt)



Minute Maid Orange  
Single Serve  
15.2oz (16oz on receipt)



Minute Maid Orange  
10oz 6 pack  
60oz



Juicy Juice Apple  
6.75oz 8 pack / 4.23oz 8 pack  
54oz / 33.84oz (34oz on receipt)



Juicy Juice Grape  
4.23oz 8 pack  
33.84oz (34oz on receipt)



Juicy Juice Kiwi Strawberry  
6.75oz 8 pack  
54oz

## PROTEIN | Hard Boiled Eggs | 2 or 6 pack



2 pack



6 pack



Ways to get the most from 12 egg count:

- If you purchase a 2 pack, it will remove 2 out of your 12 eggs leaving a remainder of 10 eggs.
- If you purchase a 6 pack, it will remove 6 out of your 12 eggs leaving a remainder of 6 eggs.

### Reading Your Receipt

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STORE RECEIPT	PACKAGE SIZE
EGGS	
1 doz	12 count
0.5 doz	6 count
0.16 doz	2 count

