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

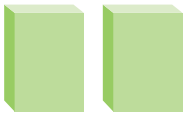
32 oz 32 oz 32 oz

Cheese or Tofu

16 oz

16 oz

32 oz



16 oz 16 oz

48 oz

16 oz 16 oz 16 oz

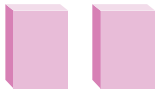
Infant Cereal

8 oz

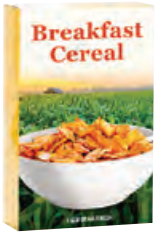
8 oz

16 oz

16 oz



8 oz 8 oz



Breakfast Cereal

(See note below)

36 oz

12 oz 12 oz 12 oz

18 oz 18 oz

21 oz 15 oz

24 oz 12 oz

72 oz

18 oz 18 oz

18 oz 18 oz

24 oz 24 oz

24 oz

24 oz 24 oz

12 oz 12 oz

108 oz

24 oz 24 oz 24 oz 24 oz 12 oz

12 oz 12 oz 12 oz 12 oz 12 oz

12 oz 12 oz 12 oz 12 oz

18 oz 18 oz 18 oz

18 oz 18 oz 18 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

24 oz

12 oz 12 oz

48 oz

48 oz

16 oz 16 oz 16 oz

24 oz 24 oz

36 oz 12 oz

12 oz 12 oz 12 oz 12 oz

12 oz 16 oz 20 oz

12 oz 12 oz 24 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.

C (16 oz) + 3 cans of water = **64 oz**

C (12 oz) + 3 cans of water = **48 oz**

64 oz

RTD 64 oz

C 16 oz

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

128 oz

RTD 64 oz, RTD 64 oz

C 16 oz, C 16 oz

RTD 64 oz, C 16 oz

192 oz

RTD 64 oz, RTD 64 oz, RTD 64 oz

C 16 oz, C 16 oz, C 16 oz

C 12 oz, C 12 oz, C 12 oz, C 12 oz

Lactose-free milk

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

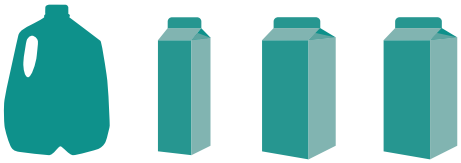
Lactose-free milk is available in half gallon, .75 gallon, and one gallon containers. **If you choose .75 gallon containers, buy them in pairs to get the full amount.**

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

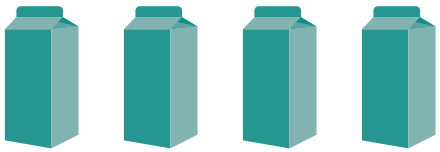
3 GAL

1 gal 1 gal 1 gal

1 gal 1 gal .5 gal .5 gal



1 gal .5 gal .75 gal .75 gal



.75 gal .75 gal .75 gal .75 gal

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

CDPH California Department of Public Health

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN Families grow healthy with WIC

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Plant-Based Milk

If you want plant-based milk, let WIC staff know at your next appointment.

To get your full amount of plant-based milk, buy 32 oz, 48 oz, or 64 oz containers. You can mix and match sizes.

Quart = 32 oz = .25 GAL

Half gallon = 64 oz = .5 GAL

Two 48 oz = .75 GAL

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Helpful Hints

- If you choose 48 oz containers, **buy them in pairs** to get the most out of your benefits.
- In your WIC Food Balance, **GAL = gallon.**