



Family Food Benefits

11/1/2016

Month	WIC Approved Foods	Amount
11/1/2016 – 11/31/2016		
	Cheese	1 Pound
	Eggs	2 Dozen
	Breakfast Cereal	36 Ounce
	Peanut Btr/Beans/Peas	2 Jar / Bag
	Canned Fish	30 Ounce
	Infant Cereal	24 Ounce
	Infant Fruits & Veggies	256 Ounce
	Infant Meats	77.5 Ounce
	Bread-Whole Grains-Pasta	32 Ounce
	Fruits and Vegetables	10 Cash Value Benefit
	Lowfat/Nonfat - Milk	5 Gallon
	Women's Juice 48 oz	2 Can / Bottle
12/1/2016 – 12/31/2016		
	Cheese	1 Pound
	Eggs	1 Dozen
	Breakfast Cereal	36 Ounce
	Peanut Btr/Beans/Peas	1 Jar / Bag
	Bread-Whole Grains-Pasta	32 Ounce
	Fruits and Vegetables	8 Cash Value Benefit
	Lowfat/Nonfat - Yogurt	32 Ounce
	Lowfat/Nonfat - Milk	3 Gallon
	Child's Juice 64 oz	2 Can / Bottle
1/1/2017 – 1/31/2017		
	Cheese	1 Pound
	Eggs	1 Dozen
	Breakfast Cereal	36 Ounce
	Peanut Btr/Beans/Peas	1 Jar / Bag
	Bread-Whole Grains-Pasta	16 Ounce
	Fruits and Vegetables	8 Cash Value Benefit
	Lowfat/Nonfat - Yogurt	32 Ounce
	Lowfat/Nonfat - Milk	3 Gallon
	Child's Juice 64 oz	1 Can / Bottle

Mary WIC. This participant's certification ends on 11/30/2016
 Willa WIC. This participant's certification ends on 12/31/2017
 Unused food benefits do not carry over to the next month.

