

# 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



## Whole Grains

16 oz



16 oz

32 oz



16 oz 16 oz

48 oz



16 oz 16 oz 16 oz



## Cheese or Tofu

16 oz



16 oz

32 oz



16 oz 16 oz

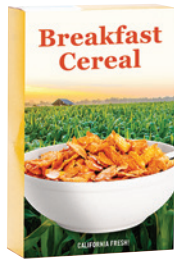
48 oz



16 oz 16 oz 16 oz



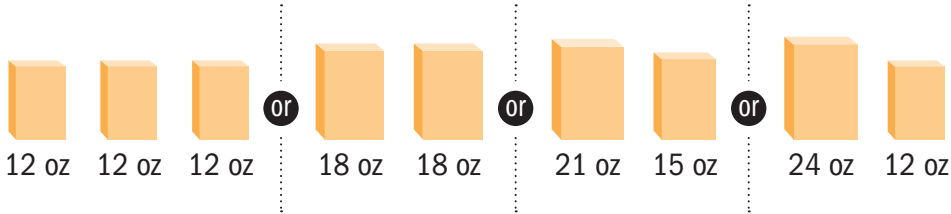
**The California WIC Card:**  
For more information, visit [wicworks.ca.gov](http://wicworks.ca.gov) or contact us at [WIC@cdph.ca.gov](mailto:WIC@cdph.ca.gov)



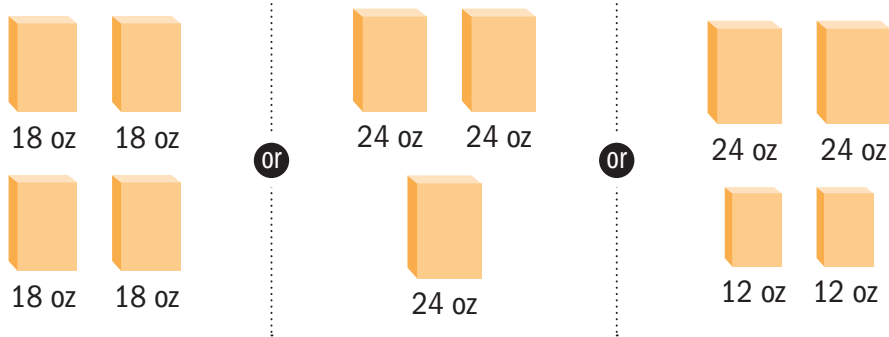
## Breakfast Cereal

(See note below)

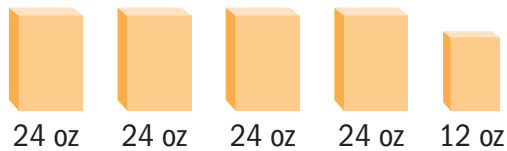
36 oz



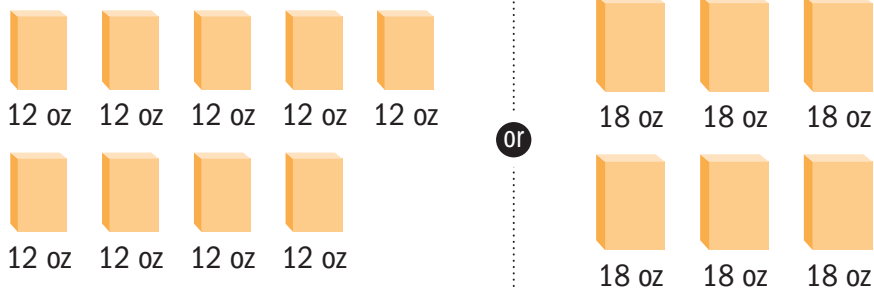
72 oz



108 oz



or

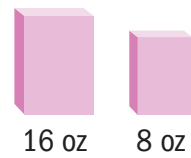


**Note:** Use the combinations of package sizes shown above to get the most benefits. Choosing other combinations may mean you have leftover ounces you cannot use.

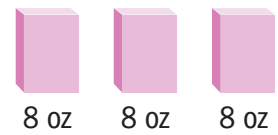


## Infant Cereal

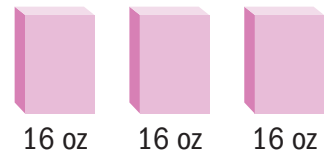
24 oz



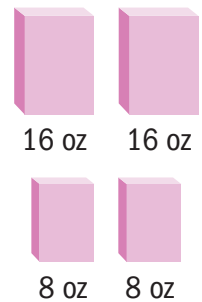
or



48 oz



or





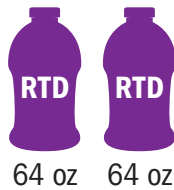
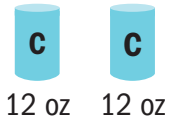
## Juice

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.

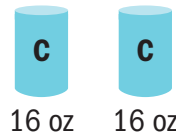
$$\begin{array}{c}
 \text{C} \\
 16 \text{ oz}
 \end{array}
 +
 \begin{array}{c}
 \text{3 cans of water} \\
 \text{3 cans of water}
 \end{array}
 = 64 \text{ oz}$$

$$\begin{array}{c}
 \text{C} \\
 12 \text{ oz}
 \end{array}
 +
 \begin{array}{c}
 \text{3 cans of water} \\
 \text{3 cans of water}
 \end{array}
 = 48 \text{ oz}$$

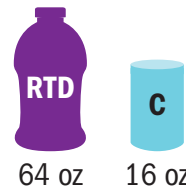
96 oz



or



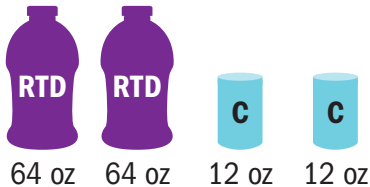
or



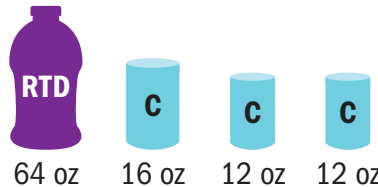
144 oz



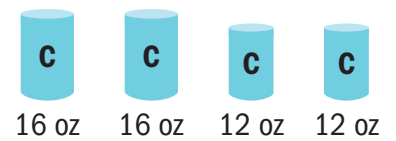
224 oz



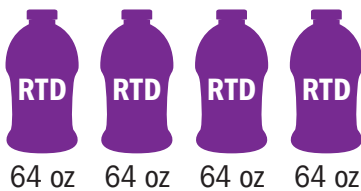
or



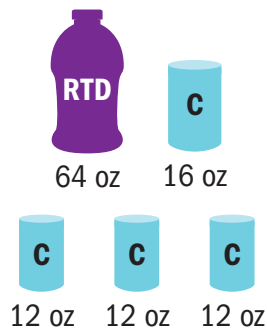
or



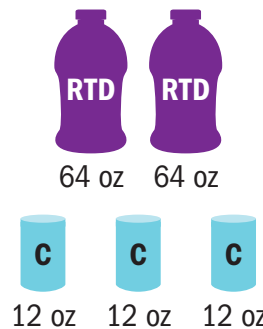
256 oz



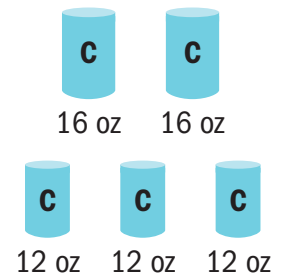
272 oz



or



or



California Department of Public Health, California WIC Program

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