

Job Aid

Helping families use the benefits list

When this list
printed

The cardholder

WIC Benefits List

Benefits Available as of 07/11/2025 12:33 PM

WIC Family ID: 1130125

First Cardholder: Miles, Mom

Second Cardholder: No Second Cardholder

Benefits for: 07/01/2025 through 07/31/2025

Family Member/s: Miles, Mom - WP
Miles, Baby - C1

Which family members have benefits

Which months have
benefits issued

Future months
of issued
benefits

Quantity	Unit	Food Item Description
79	\$\$\$	Fruit and vegetables - fresh/frozen/canned
72	OZ	Whole grains
3	GAL	Fat free or 1% milk
2	GAL	Soy and plant beverage
2	LB	Cheese
1	CTR	Lowfat or nonfat yogurt
1	CTR	Tofu
2	DOZ	Eggs
2	CTR	Peanut, nut, seed butter / beans, dry or canned
1	CTR	Beans, dry or canned
16	OZ	Fish - canned tuna / salmon / sardines
72	OZ	Cereal - hot / cold
113	BTL	Boost High Protein 8 oz

Monthly food benefit
categories

Benefits for: 08/01/2025 through 08/31/2025

Family Member/s: Miles, Mom - WP
Miles, Baby - C1

How much of each
food they are
getting

Note: benefits are
combined for all
eligible participants
in the family.

Quantity	Unit	Food Item Description
79	\$\$\$	Fruit and vegetables - fresh/frozen/canned
72	OZ	Whole grains
3	GAL	Fat free or 1% milk
2	GAL	Soy and plant beverage
2	LB	Cheese
1	CTR	Lowfat or nonfat yogurt
1	CTR	Tofu
2	DOZ	Eggs
2	CTR	Peanut, nut, seed butter / beans, dry or canned
1	CTR	Beans, dry or canned
16	OZ	Fish - canned tuna / salmon / sardines
72	OZ	Cereal - hot / cold
113	BTL	Boost High Protein 8 oz
113	BOX	Boost Kid Essentials 1.0 cal 8 oz

The unit
type the
food benefit
amount is
measured
with

Your next appointment will be _____. Your WIC clinic phone number is (503) 555-5555 Ext. 5.

Participant's next
appointment date

The WIC clinic
phone number

Food item on benefits list	Longer description	Food item units and amounts
Cheese	Cheese	LB = pound
Eggs	Eggs	DOZ = dozen
Cereal – hot / cold	Hot or cold cereal	OZ = ounces
Peanut, nut, seed butter / beans, dry or canned	Peanut, nut, or seed butter or Dried beans, peas, or lentils or Canned beans	CTR = container and 1 container = • 16-18 oz nut or seed butter or • 15-16 oz dried or • (4) 16 oz canned
Beans, dry or canned	Dried beans, peas, or lentils or Canned beans	CTR = container and 1 container = • 16 oz dried or • (4) 16 oz canned
Fish – canned tuna / salmon / sardines	Tuna, salmon, or sardines in cans or pouches	OZ = ounces
Whole grains	100% whole wheat or gluten-free bread products, corn or whole wheat tortillas, bagged whole grains	OZ = ounces
Fruit and vegetables – fresh/frozen/canned	Fresh, frozen, or canned fruits and vegetables	\$\$\$ = amount
Whole milk	Whole milk	GAL = 1.0 gallon
Fat free or 1% milk	Nonfat or 1% milk	GAL = 1.0 gallon

Food item on benefits list	Longer description	Food item units and amounts
Lowfat or nonfat yogurt	Lowfat or nonfat yogurt	1 CTR = container and 1 container = 32 oz. or 1 quart
Soy and plant beverage	Soy and plant-based beverages	GAL = 1.0 gallon
Tofu	Tofu	CTR = container and 1 container = 14 to 16 oz.
Frzn juice 11.5-12oz	Frozen juice	CTR = container and 1 container = 11.5 to 12 oz frozen
Juice 64 oz/16 oz	Bottled or frozen juice	CTR = container and 1 container = • 64 oz bottled or • 16 oz frozen
Formula	Varies by brand name	• Can = can • Btl = bottle • Box = box • Ctr = container • Ctn = carton
Baby cereal	Baby cereal	OZ = ounces
Baby food – fruit/veg	Jarred fruits and vegetables	OZ = ounces
Baby food – meat	Jarred infant meats	OZ = ounces