

# Montana WIC Program



## UNDERSTANDING YOUR WIC FOODS



Food	Units of measurement
Bottle or Frozen Juice	Can/Bottle
Cereal	Total ounces
Cheese	Total pounds
Eggs	Dozen
Child and adult Fresh/Frozen/ Canned Fruits and Vegetables	Dollar amount
Fish (For breastfeeding moms)	Total ounces

Food	Units of measurement
Infant Fresh Fruits and Vegetables	Dollar amount
Infant foods (baby food and cereal)	Total ounces
Infant formula	Cans/bottles
Tofu	Total pounds
Whole grain choice	Total ounces
Yogurt	Quarts

<p>Legume choice (participant choice at store)</p>	<ul style="list-style-type: none"> <li>• Jar or Bag</li> <li>• 16 oz. dry beans = 1 jar or bag</li> <li>• (4) 15-16 oz. canned beans = 1 jar</li> <li>• 16-18 oz. jar peanut butter = 1 jar</li> </ul>
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<b>Milk</b> Pasteurized and Fortified Generic or Store Brand (if available)			
Milk Benefit Issued	What You Can Buy	What Forms You Can Buy	eWIC Conversion
Lowfat (1%) Non-fat Milk (Skim) (for children & women)	<ul style="list-style-type: none"> <li>• Regular Cow's Milk</li> <li>• Lactose Free Cow's Milk</li> <li>• Meyenberg Goat's Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fluid-Refrigerated</li> <li>• Evaporated/Canned</li> <li>• Dry/Powdered</li> </ul>	<ul style="list-style-type: none"> <li>• Gallon = 1 gallon</li> <li>• Half Gallon = 0.5 gallon</li> <li>• Quart = 0.25 gallon</li> <li>• 12 oz. evaporated/ canned = 0.185 gallon (5 cans/gallon)</li> <li>• 9.6 oz. dry/powdered = 0.75 gallon (4 boxes for 3 gallons)</li> <li>• 25.6 oz dry/powdered = 2 gallons</li> <li>• 12 oz powdered goat milk =</li> <li>• 0.75 gallons (4 cans for 3 gallons)</li> <li>• No flavor added, enhanced, or organic milk</li> <li>• Purchase fat content (skim, 1%, 2%, whole) per personal food prescription</li> </ul>
Reduced Fat Milk 2% (assigned in clinic)	<ul style="list-style-type: none"> <li>• Regular Cow's Milk</li> <li>• Lactose Free Cow's Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fluid-Refrigerated</li> <li>• Evaporated/Canned</li> <li>• Dry/Powdered</li> </ul>	
Whole Milk (for 1-2 year olds)	<ul style="list-style-type: none"> <li>• Regular Cow's Milk</li> <li>• Lactose Free Cow's Milk</li> <li>• Meyenberg Goat's Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fluid-Refrigerated</li> <li>• Evaporated/Canned</li> <li>• Dry/Powdered</li> </ul>	