

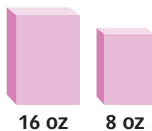
# Understanding Your WIC Food Balance—Ounces of Foods

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.

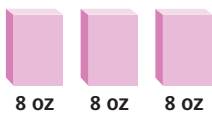


## Infant Cereal

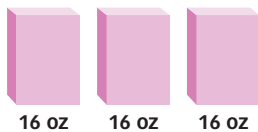
24 oz



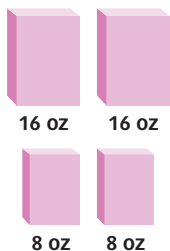
or



48 oz



or

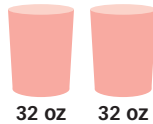


## Yogurt

32 oz



64 oz



96 oz

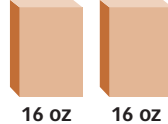


## Whole Grains

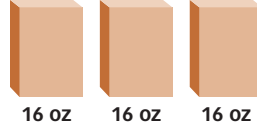
16 oz



32 oz



48 oz

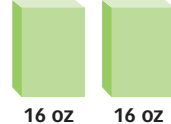


## Cheese or Tofu

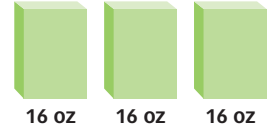
16 oz



32 oz

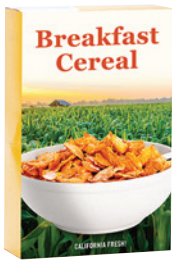


48 oz



**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)

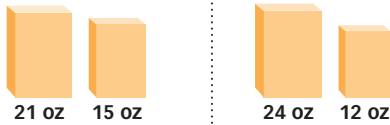
0123 4567 8901 2345



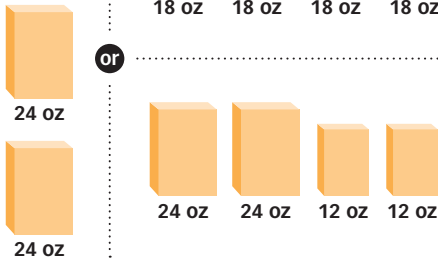
## Breakfast Cereal

(See note below)

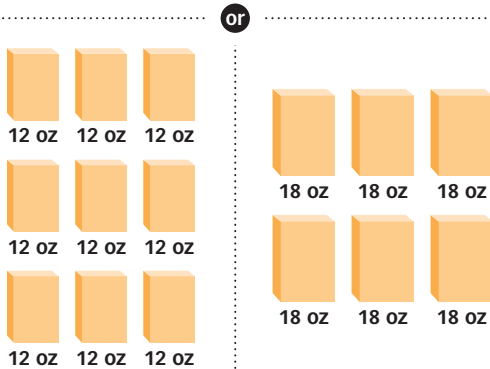
36 oz



72 oz



108 oz

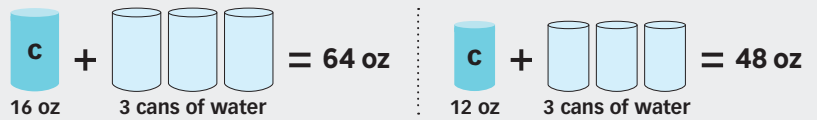


**Note:** Use the combinations of package sizes shown above to get the most benefits. Choosing other combinations may mean you have leftover ounces you cannot use.

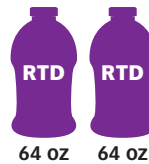


## Juice

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.



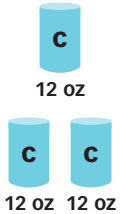
96 oz



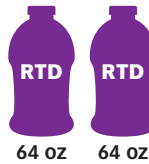
128 oz



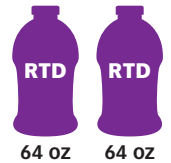
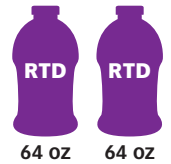
144 oz



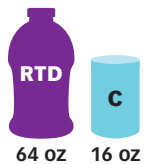
224 oz



256 oz



272 oz



California Department of Public Health,  
California WIC Program  
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