Redemption Period: 06/11/2020 thru 06/30/2020

- 4.00 $$$-Dollars Fresh Only Fruits and/or Vegetables
- 10.00 $$$-Dollars Fresh/Frozen Fruits and/or Vegetables
- 3.00 CTR-11.5-12 oz Frozen Juice - Approved Brands & Types
- 2.00 CTR-16-18oz PeanutButter OR 1Lb Dry OR 4-16oz Can Bean
- 1.00 CTR-64 oz Container Juice- Approved Brands & Types RTU
- 1.00 DOZ-Dozen Eggs - Large White
- 2.00 GAL-Gallon(s) Milk - Skim Thru 1% (White)
- 10.00 HGL-Half Gallon(s) Lactose Free Red. Fat Milk (1.5-2%)
- 1.00 LB-Pound(s) Cheese - Store Brand Generic
- 22.00 OZ-Ounces Approved Canned Fish
- 32.00 OZ-Ounces Bread Tortillas Brown Rice OR Wheat Pasta
- 36.00 OZ-Ounces Cereal - Approved Types/Sizes
- 24.00 OZ-Ounces Infant Cereal - Approved Brands
- 70.00 OZ-Ounces Infant Fruits-Vegetables - Approved Types
- 77.50 OZ-Ounces Infant Meats - Approved Items
- 36.00 OZ-Ounces Non-Whole Grain Cereal
- 1.00 QT-Quart(s) Yogurt - Approved Brands/Varieties

Redemption Period: 07/01/2020 thru 07/31/2020

- 8.00 $$$-Dollars Fresh Only Fruits and/or Vegetables
- 20.00 $$$-Dollars Fresh/Frozen Fruits and/or Vegetables
- 3.00 CTR-11.5-12 oz Frozen Juice - Approved Brands & Types
- 3.00 CTR-16-18oz PeanutButter OR 1Lb Dry OR 4-16oz Can Bean
- 2.00 CTR-64 oz Container Juice- Approved Brands & Types RTU
- 3.00 DOZ-Dozen Eggs - Large White
- 3.00 GAL-Gallon(s) Milk - Skim Thru 1% (White)
- 12.00 HGL-Half Gallon(s) Lactose Free Red. Fat Milk (1.5-2%)
- 2.00 LB-Pound(s) Cheese - Store Brand Generic
- 30.00 OZ-Ounces Approved Canned Fish
- 48.00 OZ-Ounces Bread Tortillas Brown Rice OR Wheat Pasta
- 36.00 OZ-Ounces Cereal - Approved Types/Sizes
- 24.00 OZ-Ounces Infant Cereal - Approved Brands
- 100.00 OZ-Ounces Infant Fruits-Vegetables - Approved Types
- 77.50 OZ-Ounces Infant Meats - Approved Items
- 36.00 OZ-Ounces Non-Whole Grain Cereal
- 1.00 QT-Quart(s) Yogurt - Approved Brands/Varieties

MOM L. COOL -- This Participant's certification ends on 07/08/2020
CHILD L. COOL -- This Participant's certification ends on 10/31/2020
INFANT COOL -- This Participant's certification ends on 12/31/2020

Next appointment or nutrition education visit:

Please bring the following child(ren):

Item(s) to bring for next appointment:

___ Proof of Identity
___ Proof of Address
___ Proof of Income

Proof of address and income must be dated within 30 days of the appointment.
## Conversion Charts

<table>
<thead>
<tr>
<th>Infant Fruits and Vegetables</th>
<th>Infant Meats</th>
</tr>
</thead>
<tbody>
<tr>
<td>256 ounces = 64 jars or 32 twin packs</td>
<td>77.5 ounces = 31 jars</td>
</tr>
<tr>
<td>192 ounces = 48 jars or 24 twin packs</td>
<td>59 ounces = 23 jars</td>
</tr>
<tr>
<td>128 ounces = 32 jars or 16 twin packs</td>
<td>39 ounces = 15 jars</td>
</tr>
<tr>
<td>96 ounces = 24 jars or 12 twin packs</td>
<td></td>
</tr>
<tr>
<td>64 ounces = 16 jars or 8 twin packs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Milk</th>
<th>Legumes or Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.00 = 1 gallon, 2 half-gallons, or 4 quarts</td>
<td>1.00 = pound dry beans/peas</td>
</tr>
<tr>
<td>0.75 = 1 quart and 1 half-gallon or 3 quarts</td>
<td>1.00 = 16oz – 18oz jar peanut butter</td>
</tr>
<tr>
<td>0.50 = 1 half-gallon or 2 quarts</td>
<td>1.00 = 4 – 16oz cans of beans</td>
</tr>
<tr>
<td>0.25 = 1 quart</td>
<td>0.75 = 3 – 16oz cans of beans</td>
</tr>
<tr>
<td></td>
<td>0.50 = 2 – 16oz cans of beans</td>
</tr>
<tr>
<td></td>
<td>0.25 = 1 – 16oz can of beans</td>
</tr>
</tbody>
</table>