



Account Balance
 Household ID: 00652496
 Primary Card Holder: MOM COOL

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

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| Next appointment or nutrition education visit: | |
| Please bring the following child(ren): | |
| Item(s) to bring for next appointment: | <input type="checkbox"/> Proof of Identity <input type="checkbox"/> Proof of Address <input type="checkbox"/> Proof of Income |

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

Conversion Charts

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| Infant Fruits and Vegetables 256 ounces = 64 jars or 32 twin packs 192 ounces = 48 jars or 24 twin packs 128 ounces = 32 jars or 16 twin packs 96 ounces = 24 jars or 12 twin packs 64 ounces = 16 jars or 8 twin packs | Infant Meats 77.5 ounces = 31 jars 59 ounces = 23 jars 39 ounces = 15 jars |
| Milk 1.00 = 1 gallon, 2 half-gallons, or 4 quarts 0.75 = 1 quart and 1 half-gallon or 3 quarts 0.50 = 1 half-gallon or 2 quarts 0.25 = 1 quart | Legumes or Beans 1.00 = pound dry beans/peas 1.00 = 16oz – 18oz jar peanut butter 1.00 = 4 – 16oz cans of beans 0.75 = 3 – 16oz cans of beans 0.50 = 2 – 16oz cans of beans 0.25 = 1 – 16oz can of beans |