



eWIC Shopping List
 Household ID: 00652496
 Primary Cardholder: MOM COOL

CHILD COOL 01053627

06/10/20-	07/01/20-	WIC Approved Foods
06/30/20	07/31/20	
9.00	9.00	\$\$\$-Dollars Fresh/Frozen Fruits and/or Vegetables
1.00	1.00	CTR-16-18oz PeanutButter OR 1Lb Dry OR 4-16oz Can Bean
2.00	2.00	CTR-64 oz Container Juice- Approved Brands & Types RTU
1.00	1.00	DOZ-Dozen Eggs - Large White
3.00	3.00	GAL-Gallon(s) Milk - Skim Thru 1% (White)
1.00	1.00	LB-Pound(s) Cheese - Store Brand Generic
32.00	32.00	OZ-Ounces Bread Tortillas Brown Rice OR wheat Pasta
36.00	36.00	OZ-Ounces Cereal - Approved Types/Sizes
1.00	1.00	QT-Quart(s) Yogurt - Approved Brands/Varieties

INFANT COOL 01227857

06/10/20-	07/01/20-	WIC Approved Foods
06/30/20	07/31/20	
8.00	8.00	\$\$\$-Dollars Fresh Only Fruits and/or Vegetables
24.00	24.00	OZ-Ounces Infant Cereal - Approved Brands
100.00	100.00	OZ-Ounces Infant Fruits-Vegetables - Approved Types
77.50	77.50	OZ-Ounces Infant Meats - Approved Items

MOM COOL 01053626

06/10/20-	07/01/20-	WIC Approved Foods
06/30/20	07/31/20	
11.00	11.00	\$\$\$-Dollars Fresh/Frozen Fruits and/or Vegetables
3.00	3.00	CTR-11.5-12 oz Frozen Juice - Approved Brands & Types
2.00	2.00	CTR-16-18oz PeanutButter OR 1Lb Dry OR 4-16oz Can Bean
2.00	2.00	DOZ-Dozen Eggs - Large White
12.00	12.00	HGL-Half Gallon(s) Lactose Free Red. Fat Milk (1.5-2%)
1.00	1.00	LB-Pound(s) Cheese - Store Brand Generic
30.00	30.00	OZ-Ounces Approved Canned Fish
16.00	16.00	OZ-Ounces Bread Tortillas Brown Rice OR wheat Pasta
36.00	36.00	OZ-Ounces Non-Whole Grain Cereal

Household Total

06/10/20-	07/01/20-	WIC Approved Foods
06/30/20	07/31/20	
8.00	8.00	\$\$\$-Dollars Fresh Only Fruits and/or Vegetables
20.00	20.00	\$\$\$-Dollars Fresh/Frozen Fruits and/or Vegetables
3.00	3.00	CTR-11.5-12 oz Frozen Juice - Approved Brands & Types
3.00	3.00	CTR-16-18oz PeanutButter OR 1Lb Dry OR 4-16oz Can Bean
2.00	2.00	CTR-64 oz Container Juice- Approved Brands & Types RTU
3.00	3.00	DOZ-Dozen Eggs - Large White
3.00	3.00	GAL-Gallon(s) Milk - Skim Thru 1% (White)
12.00	12.00	HGL-Half Gallon(s) Lactose Free Red. Fat Milk (1.5-2%)
2.00	2.00	LB-Pound(s) Cheese - Store Brand Generic
30.00	30.00	OZ-Ounces Approved Canned Fish
48.00	48.00	OZ-Ounces Bread Tortillas Brown Rice OR wheat Pasta
36.00	36.00	OZ-Ounces Cereal - Approved Types/Sizes
24.00	24.00	OZ-Ounces Infant Cereal - Approved Brands
100.00	100.00	OZ-Ounces Infant Fruits-Vegetables - Approved Types
77.50	77.50	OZ-Ounces Infant Meats - Approved Items
36.00	36.00	OZ-Ounces Non-Whole Grain Cereal
1.00	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:	<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

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

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