

# A Guide to Choosing Fish, Baby Foods, & Cereal

Cereal, infant food, and fish are provided in total ounces. See your AZ WIC Programs Food List for specifics on which items you can purchase. This guide will help you maximize your benefits and get the foods you need.

**Remember** – WIC will not cover partial boxes, bags, cans or jars. If you have 9oz of cereal left in your account, you cannot pay for part of a 14 or 18oz box or buy a 9oz box with your WIC benefits.

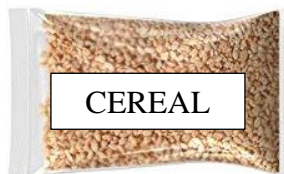
## Cereal

**WIC approved cereals must be:**

- **11.8 oz or larger box for hot cereal**
- **12 oz or larger box or bag for cold cereal**

Cereal, like all benefits, is combined for the family. For example, if there are 3 WIC clients in the family and each one receives 36 oz of cereal a month, the family will have a total of 108 oz of cereal loaded into their account.

1. The easiest way to maximize your cereal benefits is to get one 36 oz bag or two 18 oz boxes of cold cereal per client.



**36 oz**

OR



**18 oz**



**18 oz**

2. There are also plenty of delicious cereals that come in other sizes. **You can mix and match any WIC approved cereals, hot or cold.**

# Fish

You can choose **any combination** of authorized fish – up to 30oz total a month.

**WIC approved fish can be:**

- **Sardines in 3.75 oz cans.**
- **Tuna & Salmon in any size:** Common sizes are 5 oz, 6 oz, 12 oz, and 14.75 oz cans

The 3 easiest ways to maximize your fish benefits are:

- Six 5 oz cans of **tuna, salmon or a combination of both**



- Two 14.75 oz cans of **salmon**



- Eight 3.75 oz cans of **sardines**



## Infant Food

**How much is 128oz?**

**INFANT FRUIT & VEGETABLES**  
(4oz jars or 2 packs)



**OR**



32 jars

16, 2 packs

**How much is 256oz?**



**OR**



64 jars

32, 2 packs

**How much is 24 oz?**

**INFANT CEREAL**  
(8 or 16oz containers)



+



+



8 oz

8 oz

8 oz

**OR**



+



8 oz

16 oz

**How much is 77.5 oz?**

**INFANT MEATS**  
(2.5oz containers)



31 jars



**Infants 9-11 months old:** You can substitute half of the jars of infant fruit and vegetables for fresh fruit and vegetable benefits. Your package would include:

- Formula or Partially Breast Fed: \$4 for fresh fruit and vegetables & 64 oz of infant fruit and vegetables (16 jars or 8, 2 packs)
- Fully Breastfed: \$8 for fresh fruit and vegetables & 128 oz of infant fruit and vegetables (32 jars or 16, 2 packs)