

Job Aid: Helping Families Use the Benefits List

How would you use the Benefits List to help WIC families?

Who is the cardholder?

When was this list printed?

Which months have benefits issued?

Which family members have benefits?

How much of each food are they getting?

What foods are they getting?

How many future months of benefits are issued?

Are family members benefits combined?

WIC Benefits List Benefits Available as of 03/26/2019 2:58 PM

WIC Family ID: 753406

First Cardholder: LEXINGTON, LEXI Z

Second Cardholder: No Second Cardholder

Benefits for: 03/26/2019 through 03/31/2019

Family Member/s: Lexington, Lexi Z - WN
Lexington, Levi Z - C2-5

Lexington, Lonnie Z - IN0-3

Quantity	Unit	Food Item Description
19	\$\$\$	Fruit and vegetables - fresh / frozen
32	OZ	100% Whole wheat bread or whole grains
3	GAL	Fat free or 1% milk
3.5	GAL	Lowfat goat milk
1	LB	Cheese
2	CTR	Lowfat or nonfat yogurt
1	LB	Tofu
2	DOZ	Eggs - large
2	CTR	Peanut butter / dry or canned beans
72	OZ	Cereal - hot / cold
2	CTR	64 oz bottle juice
2	CTR	11.5 to 12 ounce frozen juice
5	CAN	Similac Advance powder 12.4 oz

Benefits for: 04/01/2019 through 04/30/2019

Family Member/s: Lexington, Lexi Z - WN
Lexington, Levi Z - C2-5

Lexington, Lonnie Z - IN0-3

Quantity	Unit	Food Item Description
19	\$\$\$	Fruit and vegetables - fresh / frozen
32	OZ	100% Whole wheat bread or whole grains
3	GAL	Fat free or 1% milk
3.5	GAL	Lowfat goat milk
1	LB	Cheese
2	CTR	Lowfat or nonfat yogurt
1	LB	Tofu
2	DOZ	Eggs - large
2	CTR	Peanut butter / dry or canned beans
72	OZ	Cereal - hot / cold
2	CTR	64 oz bottle juice
2	CTR	11.5 to 12 ounce frozen juice
9	CAN	Similac Advance powder 12.4 oz

Your next appointment will be _____ . Your WIC clinic phone number is (503) 222-2222.

When should they come back to the clinic?

Descriptions of foods				
Food Category	Description on receipt or App	Description on Benefits List	Unit of measure	Measure Description
Cheese	Cheese	Cheese	LB	pound
Eggs	Eggs- large	Eggs – large	DOZ	dozen
Cereal	Cereal – hot/cold	Cereal – hot/cold	OZ	ounce
Peanut butter or beans	Peanut butter/beans	Peanut butter/dry beans/peas/lentils	CTR	container 1 CTR=16-18 oz PB or 16 oz beans
Dry Beans or peas	Dry beans or peas	Dry beans/peas/lentils	CTR	Container 1 CTR=16 oz
Fish	Fish – canned	Fish – canned tuna/salmon/sardines	OZ	ounce
Whole grains	Whole grains	Whole grains	OZ	ounce
Fruit and vegetables	Fruit and vegetables	Fruit and vegetables – fresh/frozen	\$\$\$	Amount in dollars and cents example: \$10.00
Whole fluid milk	Whole milk	Whole milk	GAL	1.0 = 1 gallon
Lowfat fluid milk	Lowfat milk	Lowfat or fat free milk	GAL	1.0 = 1 gallon
Soy beverage	Soy beverage	Soy beverage	GAL	1.0 = 1 gallon
Juice – 11.5-12oz	Frzn juice 11.5-12oz	11.5 to 12 ounce frozen juice	CTR	container 1 CTR=11.5-12 ounces frozen
Juice – 64 oz/16 oz	Juice 64oz / 16oz	64oz bottle/ 16oz frozen juice	CTR	container 1 CTR=64 oz plastic bottle or 16 oz frozen
Formulas	Varies	Varies	Can, btl, ctr, box, ctn	Can, bottle, container, box, carton
Baby cereal	Baby cereal	Baby cereal	OZ	ounce
Baby food fruits and vegetables	Baby food – fruit/veg	Baby food – fruit/vegetables	OZ	ounce
Baby food – meat	Baby food – meat	Baby food – meat	OZ	ounce
Tofu	Tofu	Tofu	CTR	1 CTR = 16 oz