



How to Read Oregon eWIC Receipts

- Refer to the WIC Food List for authorized brands, package sizes, and types of WIC foods.
- This is not a complete list of all WIC foods.
- Quantities are examples.



| Food Description | Quantity | Unit of Measure | Is equal to... |
|-----------------------|----------|-----------------|---|
| Baby cereal | 24 | OZ | 24 ounces baby cereal |
| Baby food – fruit/veg | 128 | OZ | 128 ounces baby food fruit and vegetables (Thirty two 4 ounce jars or 16 two-packs) |
| Baby food - meat | 70 | OZ | 70 ounces baby food meat (Twenty eight 2.5 ounce jars) |
| Cereal – hot/cold | 36 | OZ | 36 ounces cereal |
| Cheese | 2 | LB | 2 one pound packages of cheese OR 1 two pound package of cheese |
| Dry beans or peas | 2 | CTR | 2 containers of 16 ounce dry beans, peas, lentils OR 1 container of 32 ounce dry beans, peas, lentils |
| Eggs – large | 1 | DOZ | 1 dozen large eggs |
| Fish – canned | 30 | OZ | 30 ounces canned tuna, salmon, sardines |
| Fruits and vegetables | 11.00 | \$\$\$ | \$11.00 fresh or frozen fruits and vegetables |
| Frzn juice 11.5-12oz | 3 | CTR | 3 containers frozen juice, 11.5-12 ounce size |
| Juice 64 oz / 16 oz | 2 | CTR | 2 containers 64 ounce shelf stable and/or 16 ounce frozen juice |
| Peanut butter/beans | 1 | CTR | 1 container of 16-18 ounce peanut butter OR 1 container of 16 ounce dry beans, peas, lentils |
| Whole grains | 32 | OZ | 32 ounces 100% whole wheat bread, soft corn tortillas, brown rice |
| Milk Description | Quantity | Unit of Measure | Is equal to... |
| Low-fat milk | 3.75 | GAL | 3 gallons and 1 half-gallon, and 1 quart of fat free (non-fat/skim) or 1% milk (1 = gallon, .5 = half gallon, .25 = quart) |
| Whole milk | 4.25 | GAL | 4 gallons and 1 quart of whole milk (1 = gallon, .5 = half gallon, .25 = quart) |
| Lowfat goat milk | 4.25 | GAL | 17 quarts fluid lowfat Meyenberg goat milk (blue carton) |
| Whole goat milk | 3.75 | GAL | 15 quarts fluid whole Meyenberg goat milk (purple carton) |
| Nonfat dry milk | 2 | CTR | Two 25.6 ounce boxes of dry milk |
| Evaporated whole milk | 24 | CAN | Twenty four 12 ounce cans evaporated milk |
| Soy beverage | 4 | GAL | 8 half-gallons or 16 quarts soy beverage |
| Formula Description | Quantity | Unit of Measure | Is equal to... |
| Sim Adv PWD 12.4 oz | 9 | CAN | 9 cans 12.4 ounce Similac Advance Powder |
| Sim Adv CONC 13 oz | 26 | CAN | 26 cans 13 ounce Similac Advance Concentrate |
| Sim Adv RTF 32 oz | 32 | BTL | 32 bottles 32 ounce Similac Advance Ready-to-Feed |
| Prosobee PWD 12.9 oz | 9 | CAN | 9 cans 12.9 ounce Enfamil Prosobee Powder |
| GGs Soy PWD 12.9 oz | 9 | CAN | 9 cans 12.9 ounce Gerber Good Start Soy Powder |