

NYS WIC PROGRAM
Regional Food/Formula Check Averages - Capital Region

Regional averages are based on prior month redemptions and therefore fluctuate month to month.

Common WIC Checks		Capital Region
Food or Formula	Food/Formula Description	Average Paid Amount March 2015
Food	1 \$8.00 Fresh/Frozen/Canned Vegetables and/or Fruit	\$7.55
Food	1 Gallon Nonfat or 1% LowFat Milk	\$3.75
Food	Up to 36-Ounce WIC Cereal 1 Pound Dried Beans/Peas	\$9.67
Food	Up to 36-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter	\$10.02
Food	1 Gallon Nonfat or 1%LowFat Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$9.45
Food	1 \$10.00 Fresh/Frozen/Canned Vegetables and/or Fruit	\$9.34
Food	1 Gallon Nonfat or 1%LowFat Milk 1 11.5-12 Ounce Concentrate WIC_Juice	\$5.81
Food	1 Quart Nonfat or 1% LowFat Milk	\$1.48
Food	1 Gallon Whole Milk	\$3.78
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon + 1 Quart Nonfat or 1% LowFat Milk 1 64-Ounce Container or 16 oz Concentrate WIC Juice_ 1 16-Ounce WIC Bread	\$18.60
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon Nonfat or 1% LowFat Milk 1 64-Ounce Container or 16 oz Concentrate WIC Juice_ 1 16-Ounce WIC Bread	\$17.79
Food	1 Gallon Whole Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$9.41
Food	11 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$9.35
Food	Up to 36-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter 1 Pound Dry Beans/Peas/Lentils	\$11.59
Food	8 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$7.60
Food	1 Half Gallon FatFree or 1%LowFat Lactose Free or Reduced Milk (half gallon)	\$4.17

NYS Counties included in the Capital Region:

Albany
Clinton
Columbia
Delaware
Dutchess
Essex
Franklin
Fulton
Greene
Hamilton
Montgomery
Otsego
Rensselaer
Saratoga
Schenectady
Schoharie
Sullivan
Ulster
Warren
Washington

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Food	1 \$8.00 Fresh/Frozen/Canned Vegetables and/or Fruit 1 \$4.00 Fresh/Frozen/Canned Vegetables and/or Fruit NYS Enhanced Veg/Fruit Benefit	\$11.29
Food	10 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$8.73
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon + 1 Quart Whole Milk 1 64-Ounce Container or 16 oz Concentrate WIC Juice_ 1 16-Ounce WIC Bread	\$18.56
Food	2 Half Gallon FatFree or 1%LowFat Lactose Free or Reduced Milk	\$8.02
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 2 Gallon Nonfat or 1% LowFat Milk 1 16-Ounce WIC Bread 1 11.5-12-Ounce Concentrate WIC_Juice	\$19.74
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon Whole Milk 1 64-Ounce Container or 16 oz Concentrate WIC Juice_ 1 16-Ounce WIC Bread	\$17.77
Food	1 Quart Whole Milk	\$1.46
Food	1 Gallon + 1 Half Gallon + 1 Quart Nonfat or 1% LowFat Milk 1 11.5 Ounce Concentrate WIC_Juice	\$9.31
Food	Up to 36-Ounce WIC Cereal 2 Pound Dried Beans/Peas	\$11.28
Food	5 4-Ounces Containers WIC Baby Food Veg. &/or Fruits	\$3.20
Food	1 64-Ounce Container or 16 oz Concentrate WIC Juice_ 2 Half Gallons FatFree or 1% LowFat Lactose Free or Reduced Milk 1 16-Ounce WIC Bread	\$13.70
Food	2 Half Gallon NonFat or 1%LowFat Milk (half gallon)	\$5.93
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon + 1 Quart Nonfat or 1% LowFat Milk 1 11.5-12-Ounce Concentrate WIC_Juice	\$14.84

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Food	1 Dozen Eggs 1 Quart Nonfat or 1% LowFat Milk 1 16-Ounce Specialty Cheese 2 Half Gallon Nonfat or 1% LowFat Milk 1 64-Ounce Container or 16 oz Concentrate WIC Juice_ 1 16-Ounce WIC Bread	\$27.42
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon Nonfat or 1% LowFat Milk 1 11.5-12-Ounce Concentrate WIC_Juice	\$13.79
Food	8 4-Ounces Containers WIC Baby Food Veg. &/or Fruits	\$5.17
Food	1 \$10.00 Fresh/Frozen/Canned Vegetables and/or Fruit 1 \$4.00 Fresh/Frozen/Canned Vegetables and/or Fruit NYS Enhanced Veg/Fruit Benefit	\$13.16
Food	Up to 18-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter	\$6.64
Food	1 Dozen Eggs 2 Gallon Nonfat or 1%LowFat Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$15.18
Food	Up to 36-Ounce WIC Cereal 2 16-18 Ounce Peanut Butter	\$12.42
Food	1 Dozen Eggs 2 Gallon Whole Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$15.29
Food	Up to 36-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter 1 30-Ounce Tuna	\$18.61
Food	2 Gallon Nonfat or 1% LowFat Milk 1 11.5-12-Ounce Concentrate WIC_Juice	\$9.04
Formula	2 12.5-Ounce Powder Enfamil Infant	\$32.77
Formula	1 12.5-Ounce Powder Enfamil Infant	\$16.46
Formula	3 12.5-Ounce Powder Enfamil Infant	\$49.01
Formula	2 12.4-Ounce Powder Enfamil Gentlease	\$33.97
Formula	3 12.4-Ounce Powder Enfamil Gentlease	\$50.88
Formula	1 12.4-Ounce Powder Enfamil Gentlease	\$16.96
Formula	8 13-Ounce Concentrated Enfamil Infant	\$41.10
Formula	1 12.9 Ounce Powder Enfamil ProSobee	\$17.74
Formula	6 13-Ounce Concentrated Enfamil Infant	\$30.79
Formula	4 13-Ounce Concentrated Enfamil Infant	\$20.13

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Formula	5 13-Ounce Concentrated Enfamil Infant	\$25.95
Formula	2 12.9 Ounce Powder Enfamil ProSobee	\$34.98
Formula	4 12.5-Ounce Powder Enfamil Infant	\$65.37
Formula	10 13-Ounce Concentrated Enfamil Infant	\$51.55
Formula	2 16 Ounce Powder Similac Expert Care Alimentum	\$59.87
Formula	11 13-Ounce Concentrated Enfamil Infant	\$56.66
Formula	2 12.6 Ounces Powder Nutramigen with Enflora LGG	\$52.24
Formula	3 12.6 Ounces Powder Nutramigen with Enflora LGG	\$77.86
Formula	2 12.9 Ounces Powder Enfamil AR	\$35.02
Formula	3 6-Pack 8ozs Ready-to-Feed Pediasure (Any Flavor)	\$33.60
Formula	3 12.9 Ounce Powder Enfamil ProSobee	\$52.58
Formula	2 13.1-Ounce Powder Similac Expert Care NeoSure	\$35.01
Formula	1 16 Ounce Powder Similac Expert Care Alimentum	\$29.68
Formula	3 13.1-Ounce Powder Similac Expert Care NeoSure	\$52.97
Formula	2 6-Pack 8ozs Ready-to-Feed Pediasure (Any Flavor)	\$22.13
Formula	3 14.1-Ounce Powder Neocate Infant with DHA & ARA	\$135.86
Formula	1 12.9 Ounces Powder Enfamil AR	\$17.45
Formula	3 12.9 Ounces Powder Enfamil AR	\$52.65
Formula	1 12.6 Ounces Powder Nutramigen with Enflora LGG	\$25.80
Formula	4 12.4-Ounce Powder Enfamil Gentlease	\$67.67
Formula	6 6-Pack 8ozs Ready-to-Feed Pediasure (Any Flavor)	\$67.24
Formula	4 6-Pack 8ozs Ready-to-Feed Pediasure (Any Flavor)	\$44.97
Formula	5 6-Pack 8ozs Ready-to-Feed Pediasure (Any Flavor)	\$57.02
Formula	3 16 Ounce Powder Similac Expert Care Alimentum	\$90.30
Formula	4 12.6 Ounces Powder Nutramigen with Enflora LGG	\$103.44
Formula	2 12.8 Ounce Powder with Iron ENFACARE	\$34.96
Formula	2 14.1-Ounces Powder EleCare with DHA & ARA	\$98.95
Formula	3 12.8 Ounce Powder with Iron ENFACARE	\$52.54
Formula	4 12.9 Ounce Powder Enfamil ProSobee	\$70.89
Formula	4 12.8 Ounce Powder with Iron ENFACARE	\$69.91