

NYS WIC PROGRAM
Regional Food/Formula Check Averages - Metro/Long Island

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

Common WIC Checks		Metro/Long Island
Food or Formula	Food/Formula Description	Average Paid Amount March 2015
Food	1 \$8.00 Fresh/Frozen/Canned Vegetables and/or Fruit	\$7.90
Food	1 Gallon Nonfat or 1% LowFat Milk	\$4.32
Food	Up to 36-Ounce WIC Cereal 1 Pound Dried Beans/Peas	\$12.79
Food	Up to 36-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter	\$14.67
Food	1 Gallon Nonfat or 1%LowFat Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$12.26
Food	1 \$10.00 Fresh/Frozen/Canned Vegetables and/or Fruit	\$9.83
Food	1 Gallon Nonfat or 1%LowFat Milk 1 11.5-12 Ounce Concentrate WIC_Juice	\$6.96
Food	1 Quart Nonfat or 1% LowFat Milk	\$1.64
Food	1 Gallon Whole Milk	\$4.28
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	\$22.93
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	\$21.63
Food	1 Gallon Whole Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$11.98
Food	11 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$11.52
Food	1 Half Gallon Nonfat or 1%LowFat Milk (half gallon)	\$3.02
Food	Up to 36-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter 1 Pound Dry Beans/Peas/Lentils	\$16.44
Food	8 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$9.33
Food	1 Half Gallon FatFree or 1%LowFat Lactose Free or Reduced Milk (half gallon)	\$5.35

NYS Counties included in the Metro-Long Island Region:

Kings
Nassau
Queens
Richmond
Suffolk

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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	\$11.81
Food	10 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$10.77
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	\$22.41
Food	2 Half Gallon FatFree or 1%LowFat Lactose Free or Reduced Milk	\$10.87
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	\$23.37
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	\$21.31
Food	1 Quart Whole Milk	\$1.62
Food	1 Gallon + 1 Half Gallon + 1 Quart Nonfat or 1% LowFat Milk 1 11.5 Ounce Concentrate WIC_Juice	\$11.24
Food	Up to 36-Ounce WIC Cereal 2 Pound Dried Beans/Peas	\$14.47
Food	5 4-Ounces Containers WIC Baby Food Veg. &/or Fruits	\$4.11
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	\$18.75
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	\$17.42
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 Conainer or 16 oz Concentrate WIC Juice_ 1 16-Ounce WIC Bread	\$25.02
Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon Nonfat or 1% LowFat Milk 1 11.5-12-Ounce Concentrate WIC_Juice	\$16.06

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Food	8 4-Ounces Containers WIC Baby Food Veg. &/or Fruits	\$6.51
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	\$13.74
Food	Up to 18-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter	\$9.12
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	\$19.62
Food	Up to 36-Ounce WIC Cereal 2 16-18 Ounce Peanut Butter	\$17.48
Food	1 Dozen Eggs 2 Gallon Whole Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$19.02
Formula	2 12.5-Ounce Powder Enfamil Infant	\$35.81
Formula	1 12.5-Ounce Powder Enfamil Infant	\$17.96
Formula	3 12.5-Ounce Powder Enfamil Infant	\$53.55
Formula	2 12.4-Ounce Powder Enfamil Gentlease	\$36.74
Formula	3 12.4-Ounce Powder Enfamil Gentlease	\$54.82
Formula	1 12.4-Ounce Powder Enfamil Gentlease	\$18.45
Formula	8 13-Ounce Concentrated Enfamil Infant	\$43.30
Formula	1 12.9 Ounce Powder Enfamil ProSobee	\$19.81
Formula	6 13-Ounce Concentrated Enfamil Infant	\$32.55
Formula	4 13-Ounce Concentrated Enfamil Infant	\$21.69
Formula	5 13-Ounce Concentrated Enfamil Infant	\$27.14
Formula	2 12.9 Ounce Powder Enfamil ProSobee	\$39.22
Formula	4 12.5-Ounce Powder Enfamil Infant	\$71.28
Formula	10 13-Ounce Concentrated Enfamil Infant	\$54.19
Formula	2 16 Ounce Powder Similac Expert Care Alimentum	\$76.60
Formula	11 13-Ounce Concentrated Enfamil Infant	\$59.60
Formula	2 12.6 Ounces Powder Nutramigen with Enflora LGG	\$67.97
Formula	3 12.6 Ounces Powder Nutramigen with Enflora LGG	\$98.93
Formula	2 12.9 Ounces Powder Enfamil AR	\$37.65
Formula	3 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$47.13
Formula	3 12.9 Ounce Powder Enfamil ProSobee	\$58.65
Formula	2 13.1-Ounce Powder Similac Expert Care NeoSure	\$48.57
Formula	1 16 Ounce Powder Similac Expert Care Alimentum	\$38.69
Formula	3 13.1-Ounce Powder Similac Expert Care NeoSure	\$72.45
Formula	2 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$31.58
Formula	3 14.1-Ounce Powder Neocate Infant with DHA & ARA	\$158.24
Formula	1 12.9 Ounces Powder Enfamil AR	\$18.89
Formula	3 12.9 Ounces Powder Enfamil AR	\$56.56
Formula	1 12.6 Ounces Powder Nutramigen with Enflora LGG	\$34.18
Formula	4 12.4-Ounce Powder Enfamil Gentlease	\$72.90
Formula	6 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$89.62
Formula	4 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$61.46
Formula	5 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$76.59

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Formula	3 16 Ounce Powder Similac Expert Care Alimentum	\$115.96
Formula	4 12.6 Ounces Powder Nutramigen with Enflora LGG	\$129.51
Formula	2 12.8 Ounce Powder with Iron ENFACARE	\$44.82
Formula	2 14.1-Ounces Powder EleCare with DHA & ARA	\$104.23
Formula	3 12.8 Ounce Powder with Iron ENFACARE	\$66.56
Formula	4 12.9 Ounce Powder Enfamil ProSobee	\$77.91
Formula	4 12.8 Ounce Powder with Iron ENFACARE	\$83.04