

NYS WIC PROGRAM
Regional Food/Formula Check Averages - Metro/Suburban

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

Common WIC Checks		Metro/Suburban
Food or Formula	Food/Formula Description	Average Paid Amount March 2015
Food	1 \$8.00 Fresh/Frozen/Canned Vegetables and/or Fruit	\$7.88
Food	1 Gallon Nonfat or 1% LowFat Milk	\$4.33
Food	Up to 36-Ounce WIC Cereal 1 Pound Dried Beans/Peas	\$12.83
Food	Up to 36-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter	\$14.31
Food	1 Gallon Nonfat or 1%LowFat Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$12.09
Food	1 \$10.00 Fresh/Frozen/Canned Vegetables and/or Fruit	\$9.79
Food	1 Gallon Nonfat or 1%LowFat Milk 1 11.5-12 Ounce Concentrate WIC_Juice	\$7.00
Food	1 Quart Nonfat or 1% LowFat Milk	\$1.63
Food	1 Gallon Whole Milk	\$4.29
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	\$22.66
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	\$21.47
Food	1 Gallon Whole Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$11.89
Food	11 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$11.56
Food	1 Half Gallon Nonfat or 1%LowFat Milk (half gallon)	\$3.04
Food	Up to 36-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter 1 Pound Dry Beans/Peas/Lentils	\$16.25
Food	8 4-Ounces Containers WIC Baby Food Veg. &/or Fruits 1 8-Ounce Gerber Cereal for Baby	\$9.32
Food	1 Half Gallon FatFree or 1%LowFat Lactose Free or Reduced Milk (half gallon)	\$5.31

NYS Counties included in the Metro-Suburban Region:

Bronx
New York
Orange
Putnam
Rockland
Westchester

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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	\$10.57
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	\$23.47
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	\$21.23
Food	1 Quart Whole Milk	\$1.61
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	\$14.54
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	\$18.48
Food	2 Half Gallon NonFat or 1%LowFat Milk (half gallon)	\$6.11
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	\$17.66
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	\$25.00

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Food	1 16-Ounce WIC Cheese 1 Dozen Eggs 1 Gallon Nonfat or 1% LowFat Milk 1 11.5-12-Ounce Concentrate WIC Juice	\$16.13
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	\$13.72
Food	Up to 18-Ounce WIC Cereal 1 16-18 Ounce Peanut Butter	\$8.91
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	\$19.12
Food	Up to 36-Ounce WIC Cereal 2 16-18 Ounce Peanut Butter	\$16.86
Food	1 Dozen Eggs 2 Gallon Whole Milk 1 64-Ounce Container or 16 oz Concentrated WIC Juice_ 1 16-Ounce WIC Bread	\$18.57
Formula	2 12.5-Ounce Powder Enfamil Infant	\$35.90
Formula	1 12.5-Ounce Powder Enfamil Infant	\$17.97
Formula	3 12.5-Ounce Powder Enfamil Infant	\$53.69
Formula	2 12.4-Ounce Powder Enfamil Gentlease	\$36.95
Formula	3 12.4-Ounce Powder Enfamil Gentlease	\$55.03
Formula	1 12.4-Ounce Powder Enfamil Gentlease	\$18.54
Formula	8 13-Ounce Concentrated Enfamil Infant	\$43.41
Formula	1 12.9 Ounce Powder Enfamil ProSobee	\$19.81
Formula	6 13-Ounce Concentrated Enfamil Infant	\$32.56
Formula	4 13-Ounce Concentrated Enfamil Infant	\$21.73
Formula	5 13-Ounce Concentrated Enfamil Infant	\$27.17
Formula	2 12.9 Ounce Powder Enfamil ProSobee	\$39.22
Formula	4 12.5-Ounce Powder Enfamil Infant	\$71.47
Formula	10 13-Ounce Concentrated Enfamil Infant	\$54.24
Formula	2 16 Ounce Powder Similac Expert Care Alimentum	\$76.51
Formula	11 13-Ounce Concentrated Enfamil Infant	\$59.57
Formula	2 12.6 Ounces Powder Nutramigen with Enflora LGG	\$63.50
Formula	3 12.6 Ounces Powder Nutramigen with Enflora LGG	\$94.42
Formula	2 12.9 Ounces Powder Enfamil AR	\$37.71
Formula	3 6-Pack 8ozs Ready-to-Feed Pediasure (Any Flavor)	\$44.90
Formula	3 12.9 Ounce Powder Enfamil ProSobee	\$58.65
Formula	2 13.1-Ounce Powder Similac Expert Care NeoSure	\$47.18
Formula	1 16 Ounce Powder Similac Expert Care Alimentum	\$38.44
Formula	3 13.1-Ounce Powder Similac Expert Care NeoSure	\$71.13
Formula	2 6-Pack 8ozs Ready-to-Feed Pediasure (Any Flavor)	\$29.33
Formula	3 14.1-Ounce Powder Neocate Infant with DHA & ARA	\$158.45
Formula	1 12.9 Ounces Powder Enfamil AR	\$18.93
Formula	3 12.9 Ounces Powder Enfamil AR	\$56.44

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Formula	1 12.6 Ounces Powder Nutramigen with Enflora LGG	\$32.95
Formula	4 12.4-Ounce Powder Enfamil Gentlease	\$73.35
Formula	6 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$88.56
Formula	4 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$60.08
Formula	5 6-Pack 8ozs Ready-to-Feed PediaSure (Any Flavor)	\$73.68
Formula	3 16 Ounce Powder Similac Expert Care Alimentum	\$115.58
Formula	4 12.6 Ounces Powder Nutramigen with Enflora LGG	\$129.15
Formula	2 12.8 Ounce Powder with Iron ENFACARE	\$43.48
Formula	2 14.1-Ounces Powder EleCare with DHA & ARA	\$105.29
Formula	3 12.8 Ounce Powder with Iron ENFACARE	\$66.37
Formula	4 12.9 Ounce Powder Enfamil ProSobee	\$78.39
Formula	4 12.8 Ounce Powder with Iron ENFACARE	\$90.14