Buying Beans and Peanut Butter

Shopping Tips

1.00 Container (CNT) of Peanut Butter, Canned or Dry Beans =



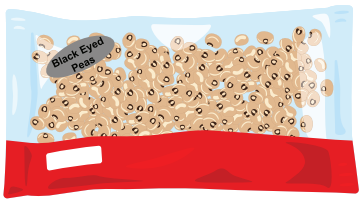
(1) 16 - 18 oz peanut butter

Or



(4) 15 - 16 oz cans beans/peas/lentils

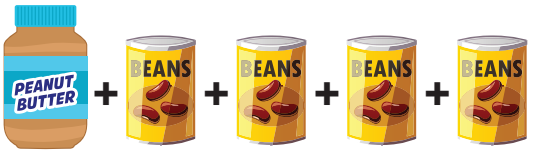
Or



(1) 16 oz package dried beans/peas/lentils

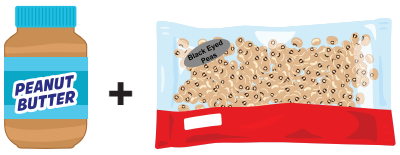
4 cans of beans = 1 container (CNT)
1 can of beans = .25 containers (CNT)

Example: Two containers of Peanut Butter, Dry or Canned Beans.

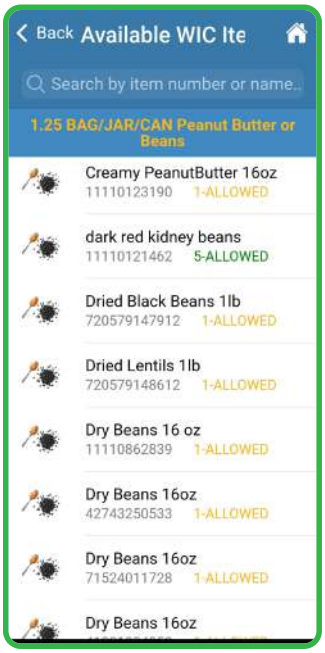


1 + .25 + .25 + .25 + .25 = **2 CNT**

Or



1 + 1 = **2 CNT**



Example: With 1.25 CNT you can purchase...



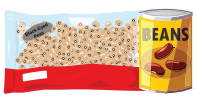
5 cans of beans

Or



1 jar of peanut butter and 1 can of beans

Or



1 package of dried beans and **1 can** of beans

WOMEN, INFANTS, & CHILDREN

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Adapted from WIC New Hampshire. 2025