
















## Job Aid: Food Conversions, Substitutions, and Equivalents

| Conversions   |   |   |
|---|---|---|
| 1 Gallon is Equivalent to:  | 1 Quart is Equivalent to:   | 1 Pound is Equivalent to:   |
| 2 Half Gallons<br>4 Quarts  | 32 Ounces   | 16 Ounces   |
| <br>OR<br><br>OR<br><br>OR<br> | <br>OR<br><br>OR<br><br>OR<br> | <br>OR<br><br>OR<br><br>OR<br> |












| Milk Substitutions: Cheese   |                    |  |
|--|--------------------|--|
| <br><b>3 Quarts of Milk</b> | <b>Substitutes</b> | <br><b>1 lb of cheese</b> |

- Children, PG/PN, P and PN+ : Can receive a maximum of 1 lb of cheese
- EN, PG, PN, and PG/PN w/ multiples: Food packages automatically include 1lb of cheese without needing to substitute for milk. Client has the option of substituting up to 6 qts of milk for an additional 2 lbs of cheese (maximum of 3 lbs of cheese)
- PG, EN, and EN w/multiples: Food packages automatically include 1lb of cheese without needing to substitute for milk. Client has the option of substituting up to 9 qts of milk for an additional 3 lbs of cheese (maximum of 4 lbs of cheese)

## Milk Substitutions: Yogurt & Tofu

|   |                    |   |
|---|--------------------|---|
| <br><b>1 Quart of Milk</b> | <b>Substitutes</b> | <br><b>1 Quart of Yogurt (1 max)</b> |
| <br><b>1 Quart of Milk</b> | <b>Substitutes</b> | <br><b>1 lb Tofu (4 lb max)</b>      |

## Food Equivalents

| Legumes   | Whole Grains  | Infant Fruits and Vegetables  |
|---|---|---|
| <b>1 Container (CTR) is Equivalent to:</b>  | <b>16 ounces (OZ) is Equivalent to:</b>   | <b>This option is <u>ONLY</u> for infants 9-11 months old:</b>  |
| <u>16 ounces</u> dry beans/peas/lentils<br><br>OR<br><u>4 cans of beans</u> (up to a 16-ounce size each)<br><br>NOTE:<br>1.00 container = 4 cans<br>0.75 container = 3 cans<br>0.50 container = 2 cans<br>0.25 container = 1 can<br>OR<br><u>16 – 18 ounces</u> peanut butter<br> | <u>16 ounces</u> 100% whole wheat bread<br><br>OR<br><u>16 ounces</u> brown rice<br><br>OR<br><u>16 ounces</u> whole wheat flour tortillas or soft white/yellow corn tortillas<br><br>OR<br><u>16 ounces</u> whole wheat pasta<br> | <u>IFF, IPN, IPN+</u><br><u>\$4</u> for fresh fruits and vegetables<br><br>OR<br><u>64 ounces</u> of jarred fruits and vegetables<br><br>OR<br><u>IEN</u><br><u>\$8</u> for fresh fruits and vegetables<br><br>OR<br><u>128 ounces</u> of jarred fruits and vegetables<br> |