

Canned Beans Bulletin Board

Nutrition Services Section

Created 1/2011

New Changes in the Illinois

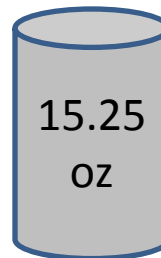
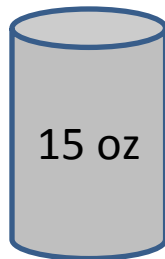
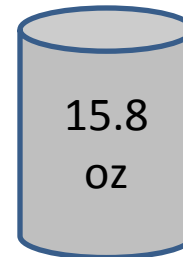
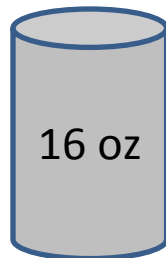
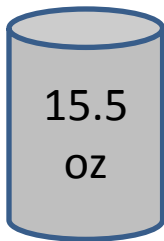
WIC food
package

You have the option to
choose a food package
with canned beans

If you choose a package with canned beans, your food instrument will read:

“64 oz CANNED BEANS OR LESS”

Canned beans come in a lot of different sizes



To find the size of the can:



- Look at the front or side of the label
- Find the “NET WT”
- The size of the can should be listed in ounces (oz)

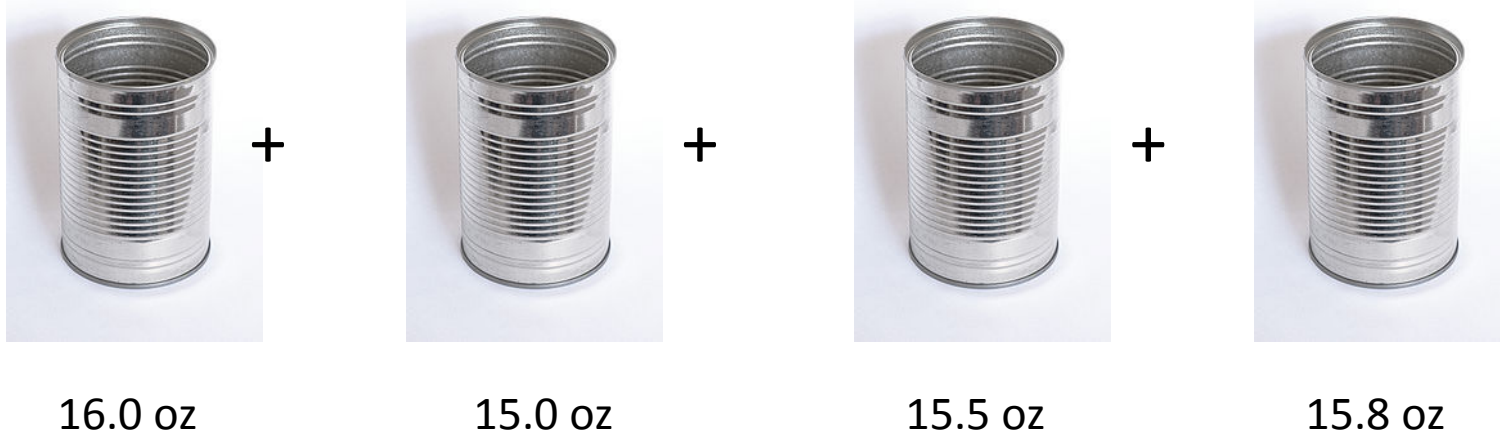
To get the most beans:

Buy 16 ounce cans



4 = 64 oz

You can buy different sizes as long as it is not more than 64 ounces



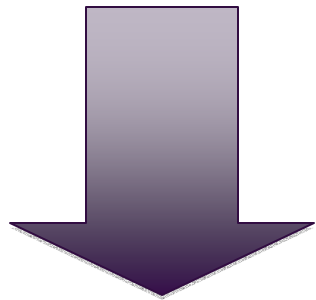
= 62.3 ounces which is less than 64 ounces



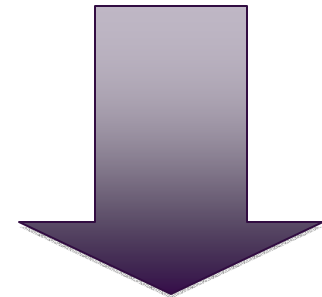
Rule of Thumb:

You can buy 4 of any size
can beans as long as they
are 16 ounces each or less

**What kinds of beans are
part of my food
package?**



Lift for answer





Canned Mature Beans

Mature beans are those that have
fully grown
inside the pod before being picked.

Canned mature beans include:

- Pinto Beans
- Black Beans
- Garbanzo Beans/Chickpeas
- Light Red or Dark Red Kidney Beans
- Red Beans
- Great Northern Beans
- Navy Beans
- Lima Beans



Choose canned beans that do not have any seasonings, added fats, meats or oils.

Immature canned beans include:

- Green beans
- Wax beans
- Snap beans
- Green peas



These are not allowed as part of the canned bean food instrument. You may purchase these types of beans with your Fruit & Veggie Voucher.

Which bean can you purchase with your canned bean food instrument?



A



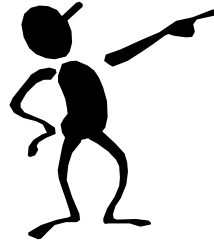
B

Answer: **A**

A



Black Beans



Most mature beans are also available dry, black beans are a mature bean.

B



Green Beans

Green beans have not fully grown in their pods. They are not mature beans.