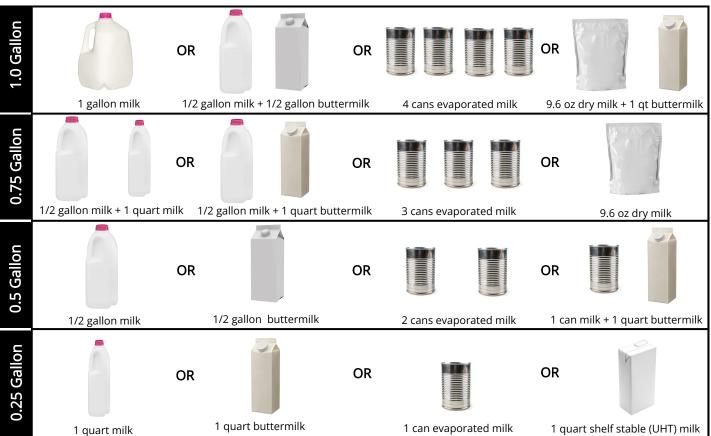
## eWIC Quick Pick Guide - Milk

## OR OR OR OR OR OR OR Shelf stable (UHT) milk

- \* You can only get the fat content printed on your eWIC receipt or Family Food Benefits list.
  - You can choose **any** of the above types of milk (cow milk, buttermilk, evaporated milk, powdered milk or shelf stable [UHT] milk) if **Whole Milk** or **Skim/1%** is printed on your Family Food Benefits list.
  - You can only get the **specific type of milk** printed on your Family Food Benefits list (cow milk, evaporated milk, or shelf stable [UHT] milk) if **2% Milk** is printed on your Family Food Benefits list.

## Cow milk, buttermilk, evaporated milk, shelf stable (UHT) milk: • 1 gallon = 1 gallon • Half gallon = 0.5 gallon • 1 quart = 0.25 gallon • 1 (12 ounce) can evaporated milk = 0.25 gallon • one (9.6 oz/3 quarts) bag = 0.75 gallon • one (25.6 oz/8 quarts) bag = 2.0 gallons • one (32 oz/10 quarts) bag = 2.5 gallons • one (64 oz/20 quarts) bag = 5.0 gallons

## There are many combinations and different ways you can use your milk benefits. Here are some examples:



<sup>\*</sup> Lactose free milk, soy milk and whole fat goat milk are available if needed. Talk to a WIC nutritionist if you need one of these options.

