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| | | | | | | | | | |
|----------------------|---|----|---|----|---|----|---|----|---|
| Milk options: |  | OR |  | OR |  | OR |  | OR |  |
| | Cow milk | | Buttermilk | | Evaporated milk | | Powdered milk | | 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.

| | | |
|----------------------------|--|---|
| Allowed milk sizes: | Cow milk, buttermilk, evaporated milk, shelf stable (UHT) milk: | Powdered milk: |
| | <ul style="list-style-type: none"> 1 gallon = 1 gallon Half gallon = 0.5 gallon 1 quart = 0.25 gallon 1 (12 ounce) can evaporated milk = 0.25 gallon | <ul style="list-style-type: none"> 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:

| | | | | | | | |
|--------------------|---|----|---|----|--|----|---|
| 1.0 Gallon |  | OR |  | OR |  | OR |  |
| | 1 gallon milk | | 1/2 gallon milk + 1/2 gallon buttermilk | | 4 cans evaporated milk | | 9.6 oz dry milk + 1 qt buttermilk |
| 0.75 Gallon |  | OR |  | OR |  | OR |  |
| | 1/2 gallon milk + 1 quart milk | | 1/2 gallon milk + 1 quart buttermilk | | 3 cans evaporated milk | | 9.6 oz dry milk |
| 0.5 Gallon |  | OR |  | OR |  | OR |  |
| | 1/2 gallon milk | | 1/2 gallon buttermilk | | 2 cans evaporated milk | | 1 can milk + 1 quart buttermilk |
| 0.25 Gallon |  | OR |  | OR |  | OR |  |
| | 1 quart milk | | 1 quart buttermilk | | 1 can evaporated milk | | 1 quart shelf stable (UHT) milk |

* 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.