

Milk - more information

Milk options:

Cow milk or Buttermilk or Evaporated milk or Powdered milk or Shelf-stable (UHT) milk

You can only buy the type of milk issued on your benefits. You can view your benefits on your WIC receipt, Family Food Benefits list, or in the "My Benefits" tab on the WICShopper app.

- If you have whole milk or skim and 1% milk on your benefits, choose any of the above types of milk (cow milk, buttermilk, evaporated milk, powdered milk, or shelf-stable [UHT] milk).
- If you have 2% milk on your benefits, you must buy the type of milk listed on your benefits (cow milk, evaporated milk, or self-stable [UHT] milk).

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"> • 1 bag (9.6 oz/3 quarts) = 0.75 gallon • 1 bag (25.6 oz/8 quarts) = 2.0 gallons • 1 bag (32 oz/10 quarts) = 2.5 gallons • 1 bag (64 oz/20 quarts)= 5.0 gallons

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

Milk Size	Option 1	Option 2	Option 3	Option 4
1 gallon	 1 gallon milk	 1/2 gallon milk + 1/2 gallon buttermilk	 4 cans evaporated milk	 9.6 oz dry milk + 1 quart buttermilk
0.75 gallon	 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	 1/2 gallon milk	 1/2 gallon buttermilk	 2 cans evaporated milk	 1 can milk + 1 quart buttermilk
0.25 gallon	 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.