

Milk — more information

Milk options:



















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 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 UHT milk).

Milk is issued in units of gallons:

<p>Cow milk, buttermilk, evaporated milk, or UHT milk:</p> <ul style="list-style-type: none"> • 1 gallon (gal) = 1 gal • Half gal = 0.5 gal • 1 quart (qt) = 0.25 gal • 1 (12 ounce [oz]) can evaporated milk = 0.25 gal 	<p>Powdered milk:</p> <ul style="list-style-type: none"> • 1 bag (9.6 oz/3 quarts) = 0.75 gal • 1 bag (25.6 oz/8 quarts) = 2.0 gal • 1 bag (32 oz/10 quarts) = 2.5 gal • 1 bag (64 oz/20 quarts) = 5.0 gal
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There are many combinations and different ways you can use your milk benefits. Here are some examples:

1 gallon	 1 gal milk	 1/2 gal milk + 2 qts milk	 4 cans evaporated milk	 9.6 oz dry milk + 1 qt buttermilk
0.75 gallon	 1/2 gal milk + 1 qt milk	 1/2 gal milk + 1 qt buttermilk	 3 cans evaporated milk	 9.6 oz dry milk
0.5 gallon	 1/2 gal milk	 2 qts milk	 2 cans evaporated milk	 1 qt milk + 1 qt buttermilk
0.25 gallon	 1 qt milk	 1 qt buttermilk	 1 can evaporated	 1 qt UHT milk

Lactose-free milk, soy milk, non-soy plant-based milk, and whole-fat goat milk are available if needed. Talk to a WIC nutritionist if you need one of these options.